



The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions

By James Claiborn, Chelene Pedrick RN



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Do you struggle with constant feelings that your body is not good enough? Do you imagine that, if you could just change your appearance, you would be happier and more fulfilled? If you do, you might be dealing with the effects of a problem called body dysmorphic disorder (BDD).

Individuals who suffer from BDD are excessively preoccupied with the shape or size of their body—obsessed with a facial blemish, a minor bodily defect, or some specific aspect of their appearance. They spend hours each day thinking about their perceived deformity, checking and rechecking their appearance in the mirror, camouflaging themselves with makeup or clothing. Men affected by a form of BDD known as muscle dysmorphia are obsessively concerned about their muscular development, no matter how large and pumped up they are. In extreme cases BDD leads to unnecessary plastic surgery, serious eating disorders, steroid abuse, and even suicide.

The good news is that BDD is highly treatable with cognitive-behavioral techniques provided in **The BDD Workbook** in a step-by-step, easy-to-follow format. OCD experts Claiborn and Pedrick guide you through a proven intervention plan that helps you recognize your distorted self-perception and come to terms with how it leads you to self-inflicted emotional and physical pain. Exercises, charts, and worksheets help you to develop a healthier response to your body and a more balanced self-image. The book provides information about BDD-related eating disorders and the special problems of children with self-image issues. It also offers suggestions to help you gain support from family members, medical professionals, and support groups.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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Editorial Review

From the Publisher

Body Dysmorphic Disorder (BDD) sufferers are so preoccupied with a particular aspect of their body, or with their body's shape or size, that they spend hours each day thinking about and checking on their supposed "deformity." BDD can lead to unnecessary plastic surgery, eating disorders, steroid abuse, and even suicide. In this step-by-step workbook, OCD experts guide readers through a proven intervention plan that helps them recognize the distortion in their self-perception, develop a healthier response to their body, find support, and enhance their self-image.

About the Author

James Claiborn, PhD, ABPP, is a psychologist in private practice specializing in OCD and related disorders. He is a diplomate of the American Board of Professional Psychology, and a diplomate and Founding Fellow of the Academy of Cognitive Therapy. He is a member of the Scientific Advisory Board of the International OCD Foundation and has presented internationally on OCD, cognitive behavioral therapy (CBT), and other topics.

Cherry Pedrick, RN, is a freelance writer with over twenty year's experience as a nurse who is dedicated to helping people make positive changes in their physical, mental and spiritual lives. In 1994 she was diagnosed with obsessive-compulsive disorder, which began an intensive search for knowledge, effective treatment, and management of OCD. She has coauthored many books for people with obsessive-compulsive spectrum disorders, including the first edition of *The OCD Workbook*, *The Habit Control Workbook*, *The BDD Workbook*, and *Helping Your Child with OCD*. She lives in North Las Vegas, NV. You can read many of her articles and learn more about her books at www.cherrypedrick.com.

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Janice Perry:

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Cathie Moss:

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Teresa Obannon:

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