

Overcoming Body Image Problems Including Body Dysmorphic Disorder: a Self-help Guide Using Cognitive Behavioural Techniques (Overcoming Books)

By Rob Willson, David Veale, Alex Clarke

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Many people occasionally suffer from a negative body self-image but, for an increasing number of people, this can turn into a more serious preoccupation. One per cent of the population will develop Body Dysmorphic Disorder (BDD), a condition characterised by severe preoccupation with a perceived physical defect. Body image problems can cause significant distress and can lead to further problems such as anxiety, eating disorders and social phobia. It has long been recognised that negative body image problems are a factor in the onset and maintenance of many eating disorders. However, they can be successfully treated with cognitive behavioral therapy (CBT). Praise for Overcoming Obsessive Compulsive Disorder and the Overcoming series: '[Overcoming Obsessive Compulsive Disorder] is an affordable and highly recommended read.' The Psychologist 'The best consumer-friendly CBT-based books...All are very thorough.' Observer

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Editorial Review

About the Author
David Veale and Rob Willson are the authors of the bestselling Overcoming Obsessive Compulsive Disorder and Manage Your Mood. David Veale is a consultant psychiatrist in CBT at the South London and Maudsley NHS Foundation Trust and the Priory Hospital, North London. He is Honorary Senior Lecturer at the Institute of Psychiatry, Kings College London and President of the British Association of Behavioural and Cognitive Psychotherapies. Rob Willson is a CBT therapist in private practice and a tutor at Goldsmiths College, University of London. Alex Clarke is a Consultant Clinical Psychologist at the Royal Free Hospital, London.

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