



# Overcoming Body Image Problems Including Body Dysmorphic Disorder: A Self-help Guide Using Cognitive Behavioral Techniques

*David Veale 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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