

1. Record Nr.	UNINA9910784269103321
Autore	Wilhelm Sabine
Titolo	Feeling Good about the Way You Look [[electronic resource]] : A Program for Overcoming Body Image Problems
Pubbl/distr/stampa	New York, : Guilford Press, 2006
ISBN	1-281-12313-7 9786611123130 1-59385-516-8
Descrizione fisica	1 online resource (224 p.)
Disciplina	646.7
Soggetti	Body image Social Sciences Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	CONTENTS; Preface; Acknowledgments; Chapter 1. For the Sake of Appearance; Chapter 2. "Why Do I Feel So Unattractive?"; Chapter 3. Thinking about Change; Chapter 4. Understanding Your Problems and Planning Solutions; Chapter 5. Managing Your Thoughts; Chapter 6. Getting Your Life Back with Exposure Exercises; Chapter 7. Freeing Yourself from Rituals with Response Prevention Exercises; Chapter 8. Getting at Your Core Beliefs; Chapter 9. Staying Well; Chapter 10. "Should I Take Medication?"; Chapter 11. Helping a Family Member or Friend with Body Image Concerns Appendix. The Relationship of BDD to Other Disorders Resources; Index; About the Author
Sommario/riassunto	Aims to help men and women, with exaggerated concerns about their appearance, break free from the mirror and get their lives back on track. This work contains self-assessment tools and step-by-step guidelines that teach readers to overcome discouraging thoughts, curtail obsessive appearance rituals, and see themselves realistically.