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Titolo	Feeling Good about the Way You Look [[electronic resource] ] : A Program for Overcoming Body Image Problems
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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.