

1. Record Nr.	UNINA9910809632703321
Autore	Wilhelm Sabine
Titolo	Feeling good about the way you look : a program for overcoming body image problems // Sabine Wilhelm
Pubbl/distr/stampa	New York, : Guilford Press, c2006
ISBN	1-281-12313-7 9786611123130 1-59385-516-8
Edizione	[1st ed.]
Descrizione fisica	1 online resource (224 p.)
Disciplina	646.7
Soggetti	Body image
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	For the sake of appearance -- "Why do I feel so unattractive?" -- Thinking about change -- Understanding your problems and planning solutions -- Managing your thoughts -- Getting your life back with exposure exercises -- Freeing yourself from rituals with response prevention exercises -- Getting at your core beliefs -- Staying well -- "Should I take medication?" -- Helping a family member or friend with body image concerns.
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.