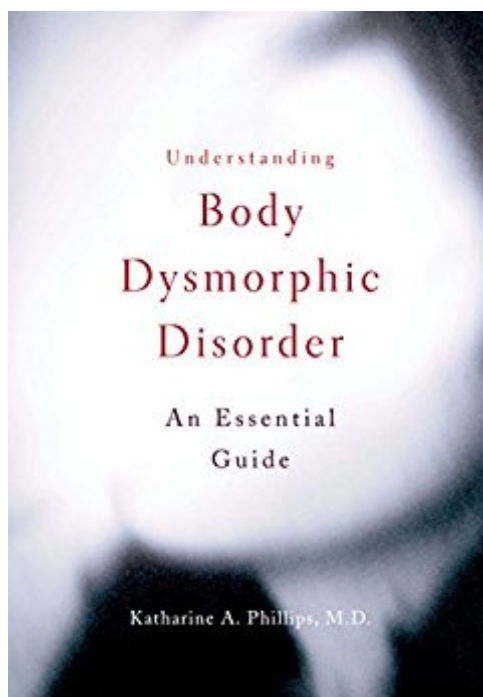


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# Understanding Body Dysmorphic Disorder



## Synopsis

In a world obsessed with appearance, it is not surprising that body dysmorphic disorder, or BDD -- an emotionally painful obsession with perceived flaws in one's appearance -- has manifested itself as a troubling and relatively common problem for many individuals. In *The Broken Mirror*, the first and most definitive book on BDD, Dr. Katharine A. Phillips provided a comprehensive manual for patients and their physicians by drawing on years of clinical practice, scientific research, and professional evaluations of over 1,000 patients. Now, in *Understanding Body Dysmorphic Disorder: An Essential Guide*, the world's leading authority on BDD reaches out to patients, their friends, and their families with this concise and updated handbook. BDD causes sufferers to be obsessed by perceived flaws in their appearance and may afflict as much as two percent of the population, or nearly five million people. Many sufferers are able to function well in society, but remain secretly obsessed by their "hideous acne" or "horrible nose," sneaking constant peeks at a pocket mirror, or spending hours at a time redoing makeup. Others find their lives disintegrate because of their appearance obsessions. It is not an uncommon disorder, simply a hidden one, since sufferers are often embarrassed to tell even their closest friends about their concerns. Using stories and interviews to show the many different behaviors and symptoms of BDD, and a quick self-assessment questionnaire, Dr. Phillips guides readers through the basics of the disorder and through the many treatment options that work and don't work. With *Understanding Body Dysmorphic Disorder: An Essential Guide*, sufferers will find both helpful advice and much needed reassurance in a compact, down-to-earth indispensable book.

## Book Information

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## Customer Reviews

I am a Psychologist and work with BDD clients, and this text is most helpful. I have found it useful to share some of the statistics and life stories that are included in the book. It is amazing how helpful it is for clients to discover they are not alone. Material is complete and presented in an organized and useful way. The understanding enabled for both client and therapist is one of the main traits of this book. And the author is obviously committed to the betterment/healing of her clients. One thing that I believe can be very useful is to understand that these clients are bothered by the PROCESS (obsessiveness of thoughts) as much as the CONTENT of the thoughts in this disorder. In addition, they are often more concerned with THEIR perceptions of themselves than they are with the perceptions of others (despite the presentation of the problem).

Having a family member who suffers from Body Dysmorphic Disorder, I felt my prayers had been answered when I read Dr. Phillips first edition of the book...and her second is even better. It answered so many questions and concerns. I cried in several segments, because it was like reading about my own family member. Dr. Phillips helped me understand this complex disorder, and also gave me the insight to realize that many others are out there who suffer from this sometimes bizarre disorder.

Many BDD sufferers encounter ignorance and misunderstanding about their condition from families and even mental health professionals. This book was a life saver, as it was refreshing to hear someone understand the condition. As a BDD sufferer, it may be hard to verbalize just how painful the condition is. A lot of us are worried that we will be mistaken as vain, silly or narcissistic. This isn't true. For anyone who wants to understand BDD, get this book.

I had the privilege of corresponding with Katharine Phillips and reading her book. Her in-depth study

of body dysmorphia helped me in more ways than I can express. At 18 I was what I feel, misdiagnosed with OCD. I always felt something else was missing. Why did everyone else appear normal and not care about the things I cared about. I found out ten years later through reading Katharine's book, that I wasn't alone, and that I suffered something that is relatively new in the psychological field. "torment" was the word in the book that described my experience best. When I found that no-one, and nothing, seemed to care about me, I found hope in this book and sought treatment. I think the book, coupled with my determination and grit, brought me to be a much happier person. I had the great privilege of corresponding with Katharine through email, and she is a very generous and caring person. The book captures what people with the disorder feel, and go through, being ever so gentle and sweet. She also gives great clarification between someone who is just concerned with their looks, and one who really has body dysmorphic disorder. She gives recommended and proven treatments. I don't know if it's too much to say in a review, but her in depth study gave me a reason to live. At times I get sad looking at the past and the things and events I've missed out on, due to my own body dysmorphic struggles, but, now I have my medication fixed a little more and have sought therapy. I finally have a small glimpse of hope for my future. I actually want to feel again. I enjoy the sun on my skin, and the wind that blows and the little things in life.

As I have gone through several years of therapy and meds from eating disorders, OCD and depression, I was looking for a bit of advice on dealing with some lingering BDD issues. This book is heavy on meds recommendations, which is helpful if you're in crisis..but if you're looking for a self help book, this isn't it. Also, I found the comparisons to other diagnoses to be very misinformed.

I found this to be a really valuable book. Clear and comprehensive; written for the common person, not a clinician. It helped me understand the struggles of a family member suffering from BDD, and gave me insights and techniques to provide more effective support. And perhaps even more importantly, it dispelled my misconceptions and helped me avoid common missteps that could have made matters even worse. I highly recommend this book if you know anyone trying to deal with BDD; something that is far more common that you probably know.

I had never heard of BDD until two years ago when my son spiraled into a major depression due to body image concern. I found this book most helpful in directing me how to find the right treatment for him because my son had become so depressed, suicidal and non-functioning that he would not

have been able to seek the right treatment on his own. It gave me hope that there is help out there for people suffering from this terrible disorder. The book also has good advice for how family members should interact with their ill family member so that they don't make things worse. We went through some very rough times these last two years but during those times I would read pertinent parts of this book over which gave me comfort and hope. I am happy to say that my son is doing much better now after attending the intensive outpatient therapy program at the BDD Center of Los Angeles.

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