



## Understanding Body Dysmorphic Disorder: An Essential Guide

By Katharine A. Phillips

Oxford University Press, USA. Paperback. Condition: New. 320 pages. In a world obsessed with appearance, it is not surprising that body dysmorphic disorder, or BDD -- an emotionally painful obsession with perceived flaws in ones 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 worlds 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...



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