



# The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder

By Katharine A. Phillips

Download now

Read Online ➔

## The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder By Katharine A. Phillips

In a world obsessed with appearances, it is not surprising that body dysmorphic disorder, or BDD, 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 Phillips draws on years of clinical practice, scientific research, and professional evaluations of over 700 patients to bring readers her expertise and experience with this often debilitating illness.

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. The author presents the stories and interviews of over 200 individuals to show the many different behaviors and symptoms of BDD, and includes a quick self-assessment questionnaire. Four new chapters provide updated information on treatment of BDD, frequently obtained treatments to be avoided, and more detailed advice for family members and friends on how to cope with the disorder.

Left untreated, the torment of BDD can lead to psychiatric hospitalization and sometimes suicide. With treatment, many sufferers are able to lead normal lives. *The Broken Mirror* is literally a lifesaving handbook for sufferers, their families, and their doctors.

↓ [Download The Broken Mirror: Understanding and Treating Body ...pdf](#)

📖 [Read Online The Broken Mirror: Understanding and Treating Bo ...pdf](#)

# The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder

By Katharine A. Phillips

**The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder** By Katharine A. Phillips

In a world obsessed with appearances, it is not surprising that body dysmorphic disorder, or BDD, 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 Phillips draws on years of clinical practice, scientific research, and professional evaluations of over 700 patients to bring readers her expertise and experience with this often debilitating illness.

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. The author presents the stories and interviews of over 200 individuals to show the many different behaviors and symptoms of BDD, and includes a quick self-assessment questionnaire. Four new chapters provide updated information on treatment of BDD, frequently obtained treatments to be avoided, and more detailed advice for family members and friends on how to cope with the disorder.

Left untreated, the torment of BDD can lead to psychiatric hospitalization and sometimes suicide. With treatment, many sufferers are able to lead normal lives. *The Broken Mirror* is literally a lifesaving handbook for sufferers, their families, and their doctors.

## **The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder** By Katharine A. Phillips Bibliography

- Sales Rank: #536871 in Books
- Published on: 2005-06-02
- Original language: English
- Number of items: 1
- Dimensions: 6.30" h x 1.40" w x 9.40" l, 1.72 pounds
- Binding: Hardcover
- 432 pages

 [Download The Broken Mirror: Understanding and Treating Body ...pdf](#)

 [Read Online The Broken Mirror: Understanding and Treating Bo ...pdf](#)

## Download and Read Free Online The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder By Katharine A. Phillips

---

### Editorial Review

#### Review

"If one thinks that BDD might simply be a new age coinage for vanity, Phillips...makes a convincing case for taking a second look by drawing on years of clinical practice, research, and patient interviews."--*Book News*

#### About the Author

**Katharine A. Phillips** is RI Director of the Body Dysmorphic Disorder and Body Image Program at Butler Hospital in Providence, Rhode Island, and Professor of Psychiatry and Human Behavior at Brown University School of Medicine.

### Users Review

#### From reader reviews:

##### Michael Stanford:

Nowadays reading books are more than want or need but also get a life style. This reading practice give you lot of advantages. The huge benefits you got of course the knowledge the particular information inside the book which improve your knowledge and information. The data you get based on what kind of publication you read, if you want get more knowledge just go with education books but if you want experience happy read one having theme for entertaining for example comic or novel. Often the The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder is kind of guide which is giving the reader capricious experience.

##### Brittany Schafer:

This The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder are reliable for you who want to be a successful person, why. The reason of this The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder can be on the list of great books you must have is usually giving you more than just simple reading food but feed you actually with information that perhaps will shock your before knowledge. This book is usually handy, you can bring it just about everywhere and whenever your conditions both in e-book and printed versions. Beside that this The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder forcing you to have an enormous of experience such as rich vocabulary, giving you tryout of critical thinking that could it useful in your day pastime. So , let's have it appreciate reading.

**Franklin Richter:**

Is it a person who having spare time in that case spend it whole day by simply watching television programs or just resting on the bed? Do you need something new? This The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder can be the response, oh how comes? It's a book you know. You are so out of date, spending your free time by reading in this brand-new era is common not a geek activity. So what these guides have than the others?

**Ricardo Donaldson:**

As a university student exactly feel bored in order to reading. If their teacher requested them to go to the library or make summary for some e-book, they are complained. Just small students that has reading's heart or real their interest. They just do what the professor want, like asked to the library. They go to presently there but nothing reading seriously. Any students feel that looking at is not important, boring and also can't see colorful pictures on there. Yeah, it is for being complicated. Book is very important in your case. As we know that on this period, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. So , this The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder can make you really feel more interested to read.

**Download and Read Online The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder By Katharine A. Phillips #46I39SCVUXG**

## **Read The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder By Katharine A. Phillips for online ebook**

The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder By Katharine A. Phillips Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder By Katharine A. Phillips books to read online.

### **Online The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder By Katharine A. Phillips ebook PDF download**

**The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder By Katharine A. Phillips Doc**

**The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder By Katharine A. Phillips Mobipocket**

**The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder By Katharine A. Phillips EPub**

**46I39SCVUXG: The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder By Katharine A. Phillips**