



THE MAIN SYMPTOMS OF BODY DYSMORPHIC DISORDER (BDD)



LOS ANGELES
OUTPATIENT CENTER

OBSESSIVE THINKING

Constant preoccupation with perceived flaws in appearance, causing severe emotional distress.

FEELINGS OF SHAME

Intense embarrassment about appearance, leading to social withdrawal and avoidance behaviors.

TAKING SELFIES

Frequent selfies to monitor appearance and seek reassurance about perceived imperfections.

EXCESSIVE GROOMING

Compulsive behaviors like skin picking or hair removal aimed at "fixing" perceived flaws.

Understanding Body Dysmorphic Disorder

SJ Ball



Understanding Body Dysmorphic Disorder:

Understanding Body Dysmorphic Disorder Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Understanding Body Dysmorphic Disorder**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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