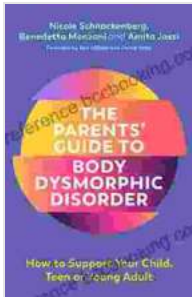


# The Parents Guide To Body Dysmorphic Disorder: Empowering Parents to Help Their Children Overcome BDD



## The Parents' Guide to Body Dysmorphic Disorder: How to Support Your Child, Teen or Young Adult by Amita Jassi

★★★★★ 5 out of 5

Language	: English
File size	: 866 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length	: 181 pages



Body dysmorphic disorder (BDD) is a serious mental illness that can have a devastating impact on children's lives. BDD is characterized by a preoccupation with one or more perceived flaws in one's appearance. These flaws may be real or imagined, but they can cause significant distress and impairment in a child's life.

Children with BDD may spend hours each day grooming, trying to hide their perceived flaws. They may avoid social situations, or they may only participate in activities where they feel they can hide their flaws. BDD can also lead to depression, anxiety, and eating disorders.

If you think your child may have BDD, it is important to seek professional help. A therapist can help your child understand BDD and develop coping

mechanisms. Treatment for BDD typically includes therapy, medication, and support groups.

The Parents Guide To Body Dysmorphic Disorder Download is the ultimate resource for parents who want to help their children overcome BDD. This comprehensive guide provides everything you need to know about BDD, from its symptoms and causes to its treatment and prevention.

Written by a leading expert in the field, The Parents Guide To Body Dysmorphic Disorder Download is the only book you need to help your child get the help they need.

### **What is Body Dysmorphic Disorder Download?**

Body dysmorphic disorder (BDD) is a mental illness that is characterized by a preoccupation with one or more perceived flaws in one's appearance. These flaws may be real or imagined, but they can cause significant distress and impairment in a person's life.

BDD is more common than you might think. It affects approximately 1% of the population, and it is more common in women than men.

BDD can start at any age, but it typically begins in adolescence or young adulthood. The symptoms of BDD can vary from person to person, but they often include:

- Preoccupation with one or more perceived flaws in one's appearance
- Excessive grooming or mirror checking
- Avoidance of social situations

- Depression and anxiety
- Eating disFree Downloads

## **What Causes Body Dysmorphic DisFree Download?**

The exact cause of BDD is unknown, but it is thought to be caused by a combination of genetic, psychological, and environmental factors.

People who have a family history of BDD are more likely to develop the disFree Download.

Certain psychological factors, such as low self-esteem and perfectionism, can also increase the risk of BDD.

Environmental factors, such as exposure to media images that promote unrealistic beauty standards, can also contribute to the development of BDD.

## **How is Body Dysmorphic DisFree Download Treated?**

Treatment for BDD typically includes therapy, medication, and support groups.

Therapy can help people with BDD understand their disFree Download and develop coping mechanisms. Medication can also be helpful in reducing the symptoms of BDD.

Support groups can provide people with BDD with a safe space to share their experiences and learn from others who are going through the same thing.

## **How Can Parents Help Their Children with Body Dysmorphic Disorder?**

If you think your child may have BDD, it is important to seek professional help. A therapist can help your child understand BDD and develop coping mechanisms.

In addition to therapy, there are a number of things that parents can do to help their children with BDD:

- Be supportive and understanding. Let your child know that you love and accept them for who they are.
- Educate yourself about BDD. The more you know about the disorder, the better you will be able to help your child.
- Encourage your child to get help. A therapist can help your child understand BDD and develop coping mechanisms.
- Help your child to avoid triggers. Triggers are things that can make your child's BDD symptoms worse.
- Encourage your child to participate in activities that they enjoy. This can help to improve your child's self-esteem and reduce their symptoms of BDD.
- Be patient. Recovery from BDD takes time and effort. Be patient with your child and don't give up on them.

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comprehensive guide provides everything you need to know about BDD, from its symptoms and causes to its treatment and prevention.

Written by a leading expert in the field, *The Parents Guide To Body Dysmorphic Disorder* is the only book you need to help your child get the help they need.

If you are the parent of a child with BDD, I urge you to get this book. It will provide you with the knowledge and support you need to help your child overcome this devastating disorder.

To download your copy of *The Parents Guide To Body Dysmorphic Disorder*, please visit our website at [www.bddhelp.com](http://www.bddhelp.com).

## **Author Bio**

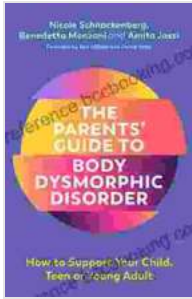
Dr. David Veale is a leading expert in the field of body dysmorphic disorder. He is the author of several books on BDD, including *The Parents Guide To Body Dysmorphic Disorder*.

Dr. Veale has appeared on numerous television and radio programs to discuss BDD. He has also testified before Congress on the need for increased funding for research and treatment of BDD.

Dr. Veale is a passionate advocate for people with BDD. He is dedicated to helping people with BDD overcome their disorder and live full and happy lives.

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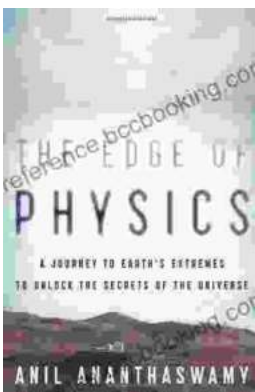


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