

***The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks, by Thomas F. Cash (1997)*⁶**

This book accessibly navigates the reader towards changing their relationship with their body through eight clearly defined steps. It is a structured combination of theory, research and clinical examples and from the outset is hopeful, considered and empathetic. Cash competently imparts knowledge and skills to the individual, with the intention of promoting autonomy and empowerment in a sensitive manner. He encourages action and progress through the tone of the book as well as practical goal and summary sheets at the end of each step. The book is not specific to BDD but for body image problems in general. It is skilfully written and a useful tool, with over 40 help sheets suitable for use by an individual or for a clinician as an adjunct to therapy.

***Overcoming Body Image Problems including Body Dysmorphic Disorder, by David Veale, Rob Willson and Alex Clarke (2009)*⁷**

As implied by the title, this book provides a step-by-step, self-help guide to understanding and treating body image problems using cognitive-behavioural techniques. It follows a current evidence-based treatment manual⁸ directed to the patient, based on how a clinician should provide CBT for a person with body image concerns.

Post-introductions, there is a single chapter with screening questions given to identifying the presence of a body image problem. The remaining thirteen chapters are a concise combination of information and actions directed to the patient and designed to develop their own understanding, formulation and treatment of BDD. It is punctuated throughout with practical exercises, worksheets, common examples, and skills training techniques.

The reader is guided, via an easy-to-read manual, through how to apply the cognitive-behavioural techniques. The tone of the book from the outset is positive, proactive and hopeful.

Self-help guided by charities and websites

There are various virtual support groups where people with BDD and their carers are likely to get a lot of information from.

- BDD Help (www.bddhelp.co.uk) is a website set up by an individual who has recovered from BDD. It has useful information and resources on BDD.
- The BDD Foundation (www.thebddfoundation.com) is a fledgling organisation in the UK that eventually aims to become a distinctive charity and forum for people with BDD and their carers. Their website has useful web links and stories about BDD.
- OCD Action (www.ocdaction.org.uk) is a national charity in the UK for people with obsessive-compulsive disorder (OCD) and related disorders such as BDD. Its main focus is on OCD but there is an excellent advocacy service that can be accessed by people with BDD and their carers. The website has useful information about BDD and a bulletin board with a forum on BDD. They hold details of a few support groups for BDD in the UK.
- BDDCentral (www.bddcentral.com) is an international website and primarily a forum for BDD. There are sponsored advertisements and links to therapists and research programmes around the world.

Declaration of interest

D.V. is a co-author of one of the books reviewed, a trustee of OCD Action, and runs a national specialist service for BDD at the South London and Maudsley NHS Foundation Trust.

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- 1 National Institute for Health and Clinical Excellence. *Obsessive-Compulsive Disorder: Full Guideline* (CG31). NICE, 2006.
- 2 Phillips KA. *The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder* (2nd edn). Oxford University Press, 2005.
- 3 Wilhelm S. *Feeling Good about the Way You Look: A Program for Overcoming Body Image Problems*. Guilford Press, 2006.
- 4 Pope H, Phillips KA, Olivardia R. *The Adonis Complex: How to Identify, Treat, and Prevent Body Obsession in Men and Boys*. Simon & Schuster, 2002.
- 5 Claiborn J, Pedrick C. *The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions*. New Harbinger Publications, 2002.
- 6 Cash TF. *The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks* (2nd edn). New Harbinger Publications, 1997.
- 7 Veale D, Willson R, Clarke A. *Overcoming Body Image Problems Including Body Dysmorphic Disorder*. Constable & Robinson, 2009.
- 8 Veale D, Neziroglu F. *Body Dysmorphic Disorder: A Treatment Manual*. Wiley, 2010.

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Overcoming Your Workplace Stress: A CBT-Based Self-Help Guide

Martin R. Bamber

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Work-related stress is very common but may often go unrecognised. This book gives an overview of cognitive-behavioural therapy (CBT)-based strategies to manage work-related stress.

Different aspects of the topic are dealt with in three parts. Part 1 provides some basic information about what may cause stress at work and why it is important to manage it. Part 2 forms the main bulk of the book, covering topics such as healthy living styles, effective time management, assertiveness and relaxation skills. In addition, identifying and modifying some common patterns of dysfunction at work (e.g. perfectionism, underachievement and procrastination) is covered.

The chapter on time management is particularly useful and will benefit people who seem to always lack the time and struggle with procrastination. Case vignettes enliven the chapter on assertiveness, demonstrating how one should prioritise and delegate tasks for effective time management and providing tips and techniques to help one become more assertive at work. Other chapters in the section provide more insight on identifying and challenging dysfunctional ways of thinking that might lead to stress. Part 3 incorporates all the information given in the previous chapters to help readers build an eight-stage self-help plan using CBT principles to resolve work-related stress.

The author makes good use of case scenarios to paint a picture of work-related stressful conditions, their impact on one's thinking and feeling. He then explains the possible solutions to reduce stress levels in those conditions. I particularly liked his style of presenting the material in a very user-friendly, jargon-free language as this makes the book an easy read. There are checklists and questionnaires to assess readers' current level of stress and interpersonal skills. The book ends with a good summary of the topics covered and a useful list of references.

Overall, I think this book will be more helpful to junior trainees who are not already familiar with CBT principles. It

provides some tips and guidance to recognise and manage stress in its early stages and offers some preventive strategies. For those who are not new to CBT some of the information may appear basic and repetitive, but they also may find the book useful as the CBT principles are utilised in the context of work-related stress.

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