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## Overcoming Depersonalisation and Feelings of Unreality: A self-help guide using cognitive behavioural techniques (Paperback)

By Anthony S. David, Emma Lawrence, Dawn Baker

Little, Brown Book Group, United Kingdom, 2007. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. The first of its kind, this self-help book will offer guidance, help and solace to the many sufferers of depersonalisation disorder. - Daphne Simeon, Depersonalisation and Dissociation Program, Mount Sinai School of Medicine, New York Depersonalisation disorder can make you feel detached from life and many people describe feeling emotionally numb or even as if their body doesn't belong to them. It can be a symptom of another problem such as anxiety, depression, post-traumatic stress disorder and, particularly, of panic disorder, or of an illness like epilepsy or migraine. It can also occur in its own right and/or as a side effect of certain drugs. This self-help book, written by leading experts, will help you to understand what causes depersonalisation disorder and what can keep it going, and will introduce you to effective strategies to overcome it: Based on clinically proven cognitive behavioural therapy (CBT) techniques Clear and accessible step-by-step exercises and tools, including diary-keeping and problem-solving Overcoming self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the...



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