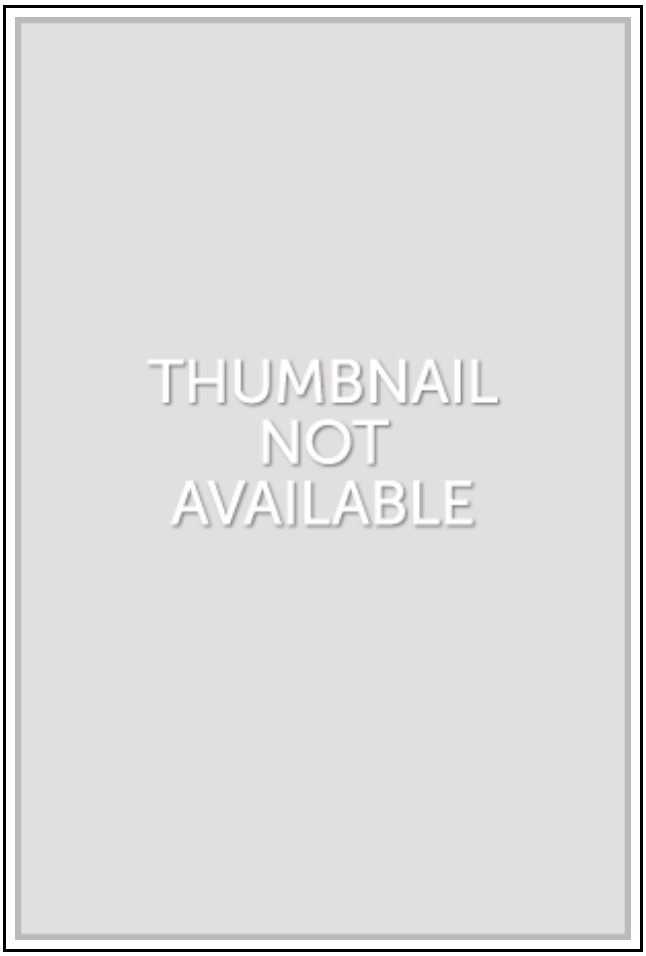
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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Depersonalization and Feelings of Unreality, Anthony S. David, Emma Lawrence, Dawn Baker, Elaine Hunter, Understand what causes Depersonalization Disorder and how you can overcome it. Depersonalization 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 Depersonalization Disorder and what can keep it going, and will introduce you to effective strategies based on Cognitive Behavioural Therapy (CBT) to overcome it. Based on clinically proven techniques Written by leading depersonalization disorder experts. Uses clear and accessible step-by-step techniques, including diary-keeping and problem-solving PRAISE FOR THE SERIES: 'The best consumer-friendly CBT-based books&All are very thorough.' Observer. 'The Overcoming series just keeps getting better and better.' The Psychologist.

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