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978-1-009-46850-3 — The BFRB Survival Guide
Suzanne Mouton-Odum , Ruth Goldfinger Golomb , Charles S. Mansueto
Frontmatter
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The BFRB Survival Guide

“Drs. Mouton-Odum, Golomb, and Mansueto, leaders in the field of BFRBs, have successfully crafted a user-friendly, self-guided approach to help people address their BFRBs. Based on tried and established methods, this book has potential to be a game changer for those who have struggled with and want to address their BFRB(s).”

Eric Storch, PhD, McIngvale Presidential Endowed Chair & Professor, Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine

“The BFRB Survival Guide is an important follow-up to these authors’ excellent guide for clinicians. It is an invaluable work and in my estimation the best and most comprehensive self-help work today for what can be a most baffling and frustrating group of disorders. Other works of this type don’t even come close to its level of information and usefulness. The authors are among the top practitioners to be found in this field and, given the scarcity of specialists, a self-help work of this type is doubly important.”

Fred Penzel, PhD, Psychologist and Executive Director of Western Suffolk Psychological Services, Huntington, NY

“This workbook is well organized and easy to understand, but what truly makes it stand out is how it guides the reader through the material in a personal and compassionate way – you can really feel the authors’ empathy in their writing. What’s especially unique is the way each exercise doesn’t just end when it is completed; the authors encourage you to reflect back on the exercise, helping the insights sink in and better allowing you to integrate each experience into the bigger picture of your treatment journey. If you’re struggling with BFRBs, this is a must-have resource.”

Allen H. Weg, EdD, Founder, Stress and Anxiety Services; Author, *OCD Treatment Through Storytelling*

The BFRB Survival Guide

A Workbook for Overcoming Body Focused
Repetitive Behaviors

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Behavior Therapy Center of Greater Washington

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For all of the brave people who have shared their stories, their wisdom,
and their lived experiences with us, we dedicate this book to you.

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