



Body Dysmorphic Disorder: The Illusion: How to change the person you see in the mirror

Zoe Wybrant

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Body Dysmorphia is regarded as 'imagined ugliness', but what if your insecurities aren't 'imagined'? If beauty is subjective then surely insecurity is also?

Here is a book unlike any other written about Body Dysmorphia.

Zoe struggled with her appearance for over a decade. By the age of twenty-four she'd had her nose operated on eight times, once whilst she was awake. Yet now she is confident and outgoing. Unrecognisable from the girl who had once felt afraid to leave her home.

“I will explain why your face can change, and how to stop it. How to look attractive and attract people to you. How to change people's perception of you – instantly. How to change your mood, and how to be confident”, she explains.

“I will teach you The Illusion!”

“I think it's great – interesting, powerful, passionate, thoughtful. And helpful.” – Professor Peter Kinderman, one of Britain's leading clinical psychologists.

“She writes with clarity and passion... I recommend it to anyone whose life is dominated by anxiety about their appearance” – Dr. Lucy Johnstone, another of Britain's leading clinical psychologists.

“ ... helpful for anyone who is struggling with these kinds of concerns, or for therapists/counselors who encounter these kinds of issues in their work ... psychiatry has eroded, and in some areas, virtually eliminated the notion that people can help themselves ... The Illusion offers a refreshing and much-needed counterpoint to this perspective ... highly recommended” – Phil Hickey, American psychologist.

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