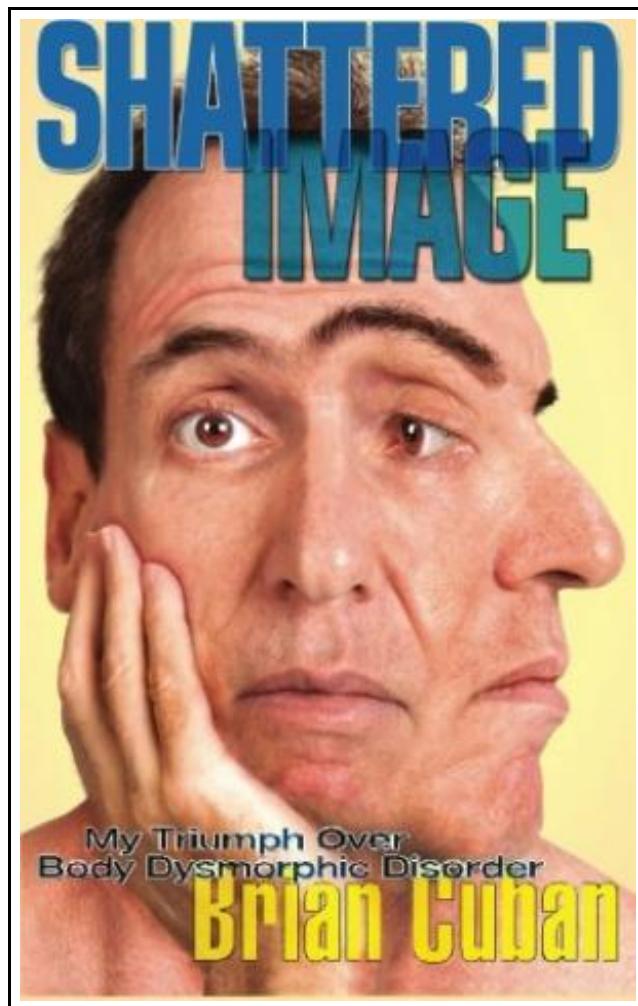


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Reviews

This publication is wonderful. it was actually written very completely and beneficial. You may like the way the writer compose this publication.
(Prof. Aisha Mosciski PhD)

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Net Minds Corporation. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.Brian Cuban is a successful lawyer, activist and TVhost is living with an enemy that haunted him for over 30 years - his own reflection in the mirror. Through a series of very personal, witty and poignant anecdotes, the younger brother of Dallas Mavericks owner Mark Cuban opens up about his personal battle with a mental disorder known as Body Dysmorphic Disorder (BDD) in which the sufferer is preoccupied with a distorted sense of self-image and is often afflicted with eating disorders, depression and addiction. In the book, Cuban illustrates the ongoing nightmare of (BDD) that has permeated his thoughts since childhood, taking the reader through the painful journey of childhood bullying over his weight, rejection and the behaviors that slowly developed as a young adult which took him into the abyss of depression, alcoholism, drug addiction, steroid abuse and eating disorders, nearly causing him to take his own life at the age of 44. Editorial Reviews: Having helped people learn to lose weight and keep it off for more than 25 years, I now believe Brian Cuban has had the courage to open an emotional door that will give both men and women a true understanding of how they perceive their body image and unlock that door for a lifetime of success!Larry North, Healthy Living Lifestyle Expert, Bestselling author of Get Fit and Living LeanIn a field strewn with myth and fiction, Cuban provides us with an absorbing account of his struggle with body dysmorphic disorder, giving a human face to a scientific problem. In my years of working in addiction medicine, I have seen that sometimes it is easier for a patient to realize the need to seek help when they see themselves...

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