

The Healthy Hypochondriac

Recognizing, understanding
and living with anxieties
about our health.



Richard Ehrlich

The Healthy Hypochondriac Recognizing Understanding And Living With Anxieties About Our Health

David Veale, Rob Willson



The Healthy Hypochondriac Recognizing Understanding And Living With Anxieties About Our Health:

The Healthy Hypochondriac Richard Ehrlich, 1980 Abstract Hypochondria the universal illness may be a necessary adjunct to human health All persons are encouraged to recognize and understand their health anxieties in a text examining how hypochondria develops and how to deal with hypochondriac fears Although most people worry about dangers to their health few are willing to acknowledge hypochondria Hypochondriac preoccupations are extremely variable and diverse hypochondria is not a specific and well defined illness Hypochondria is a feature of growing up It is learned and each individual has a unique pattern of expressing it reactive essential and social hypochondriacs are described The relationship of hypochondria to doctors sex and age is discussed Since mild hypochondria may be psychologically healthy curing it may be potentially destructive

Overcoming Health Anxiety David Veale, Rob Willson, 2009-11-26 Stop worrying about your health and enjoy life Many of us have a tendency to worry unnecessarily about our health This can be worse in a time of global panic about pandemics For some the anxiety becomes chronic and they may spend many hours checking for symptoms seeking reassurance from others surfing the internet for information about different diseases or repeatedly visiting the doctor It is distressing for them and for everyone around them In fact health anxiety can be very successfully treated with cognitive behavioural therapy the approach taken in this self help guide Using a structured step by step approach the authors explain how the problem develops how to recognise what feeds it and how to develop effective methods of dealing with it Includes questionnaires case studies and exercises Based on proven CBT techniques Includes a chapter on fear of death and fear of vomiting

Health and the Rhetoric of Medicine Judy Z. Segal, 2008-06-30 Assessing rhetorical principles of contemporary health issues Hypochondriacs are vulnerable to media hype anorexics are susceptible to public scrutiny and migraine sufferers are tainted with the history of the migraine personality maintains rhetorical theorist Judy Z Segal All are influenced by the power of persuasion Health and the Rhetoric of Medicine explores persistent health conditions that resist conventional medical solutions Using a range of rhetorical principles Segal analyzes how patients and their illnesses are formed within the physician patient relationship The intractable problem of a patient's rejection of a doctor's advice says Segal can be considered a rhetorical failure a failure of persuasion Examining the discourse of medicine through case studies applications and analyses Segal illustrates how illnesses are described in ways that limit patients choices and satisfaction She also illuminates psychiatric conditions infectious diseases genetic testing and cosmetic surgeries through the lens of rhetorical theory Health and the Rhetoric of Medicine bridges critical analysis for scholarly professional and lay audiences Segal highlights the persuasive element in diagnosis health policy illness experience and illness narratives She also addresses questions of direct to consumer advertising of prescription drugs the role of health information in creating the worried well and problems of trust and expertise in physician patient relationships A useful resource for critical common sense in everyday life the text provides an effective examination of a society increasingly influenced by the rhetoric of health

and medicine The Complete Overcoming Series Peter Cooper,2012-11-01 The complete set of self help guides from the popular Overcoming series Each guide is based on Cognitive Behavioral Therapy CBT an evidence based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties Each guide comprises a step by step self help programme based on CBT and contains Useful information about the disorder Practical strategies and techniques based on CBT Advice on how to keep recovery going Further resources The Complete Overcoming Series contains 31 titles Overcoming Anger and Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain Overcoming Compulsive Gambling Overcoming Depersonalization Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child s Fears Worries Overcoming Your Child s Shyness and Social Anxiety Overcoming You Smoking Habit **The Healthy Hypochondriac** Richard Ehrlich,1980 Abstract Hypochondria the universal illness may be a necessary adjunct to human health All persons are encouraged to recognize and understand their health anxieties in a text examining how hypochondria develops and how to deal with hypochondriac fears Although most people worry about dangers to their health few are willing to acknowledge hypochondria Hypochondriac preoccupations are extremely variable and diverse hypochondria is not a specific and well defined illness Hypochondria is a feature of growing up It is learned and each individual has a unique pattern of expressing it reactive essential and social hypochondriacs are described The relationship of hypochondria to doctors sex and age is discussed Since mild hypochondria may be psychologically healthy curing it may be potentially destructive Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 The Consumer Health Information Source Book Alan M. Rees,Jodith Janes,1984 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixth edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it **Hypochondriasis and Health Anxiety** Vladan Starcevic,Russell Noyes Jr.,2014-05-09 Hypochondriasis and Health Anxiety A Guide for Clinicians is a state of the art resource and essential guide to hypochondriasis and illness anxiety for clinicians mental health professionals and general

medical practitioners Using a pragmatic approach it offers a wealth of clinically useful information The book also provides a critical review of the underlying conceptual and treatment issues addressing varying perspectives and synthesizing the current research **Somatization and Hypochondriasis** Robert Kellner,1986 *American Bookseller* ,1980 *The Publishers Weekly* ,1980 **New Woman** ,1982 Recognising Hypochondria Sarah Rose,2024-08-26 In a world where health awareness is increasingly taking centre stage many people struggle with the constant worry of suffering from a serious illness But how do you recognise whether these are real symptoms or an exaggerated fear of illness Recognising hypochondria A Guide to Self Diagnosis and Understanding Symptoms provides a comprehensive and in depth introduction to the phenomenon of hypochondria This book is aimed at people who are frequently concerned about their health and are unsure whether their fears are justified or exaggerated It offers valuable insights into the psychological mechanisms underlying this disorder and helps people to better understand and categorise their own symptoms With scientifically based information practical self tests and case studies this book helps the reader to recognise the signs of hypochondria and understand the differences to real health problems It also provides strategies for coping with anxiety and promoting personal wellbeing This book is an essential guide for anyone who wants to learn to better understand their health anxieties and gain a sound appreciation of their own situation A valuable tool to take the first step towards a calmer healthier life

Individual Psychologist ,1980 The New York Times Book Review ,1981 **Library Journal** ,1980-07 *Healing Health Anxiety* Laura Abate,2017-01-16 There is something wrong with this freckle on my arm I think it might be malignant Why am I experiencing pain in my abdomen Do I have a tumor If similar concerns and questions fill your mind on a weekly daily or even hourly basis then you may suffer from health anxiety Take a deep breath and know you aren t alone Laura Abate s *Healing Health Anxiety* delves into the inner workings of the brain and explains in detail how your lifestyle affects your daily experience Freeing oneself from health anxiety is within reach As a sufferer turned survivor Abate reveals her personal journey in recovering from health anxiety and gives you all the knowledge she has gained along the way Beginning with an in depth look at neurophysiology Abate uses her medical background to explain what happens to the human body when anxiety is manifested chronically From there she expounds on what those who suffer from anxiety can do to heal their mind body and soul Join her as she shares her journey and find true healing today **National Union Catalog** ,1980 **American Book Publishing Record** ,1981 Current Book Review Citations ,1983

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