

# The Psychiatrist

FORMERLY THE PSYCHIATRIC BULLETIN

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Overcoming Your Workplace Stress: A CBT-Based Self-Help Guide

<http://pb.rcpsych.org>

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### Cover image

In this issue, O'Connor & Veale (pp. 278-279) survey the current self-help literature on body dysmorphic disorder.

Image by Guy Undrill 2012. Detail from *The Rokeby Venus* (c. 1648-51) by Velázquez, courtesy of the National Gallery, London, UK/The Bridgeman Art Library.