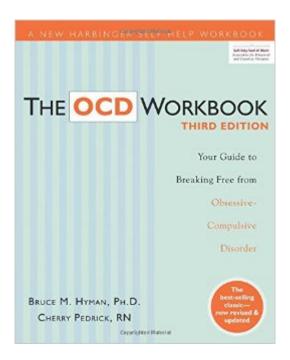
## The book was found

# The OCD Workbook: Your Guide To Breaking Free From Obsessive-Compulsive Disorder





# **Synopsis**

If you have obsessive-compulsive disorder (OCD), chances are that your persistent obsessive thoughts and time-consuming compulsions keep you from enjoying life to the fullest. But when you are in the habit of avoiding the things you fear, the idea of facing them head-on can feel frightening and overwhelming. This book can help. The OCD Workbook has helped thousands of people with OCD break the bonds of troubling OCD symptoms and regain the hope of a productive life. Endorsed and used in hospitals and clinics the world over, this valuable resource is now fully revised and updated with the latest evidence-based approaches to understanding and managing OCD. It offers day-to-day coping strategies you can start using right away, along with proven-effective self-help techniques that can help you maintain your progress. The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder. Whether you suffer with OCD or a related disorder, such as body dysmorphic disorder or trichotillomania, let this new edition of The OCD Workbook be your guide on the path to recovery. This new edition will help you: use self-assessment tools to identify your symptoms and their severity; create and implement a recovery strategy using cognitive behavioral self-help tools and techniques; learn about the most effective medications and medical treatments; find the right professional help and access needed support for your recovery; and maintain your progress and prevent future relapse.

### **Book Information**

Paperback: 352 pages

Publisher: New Harbinger Publications; Third Edition edition (November 1, 2010)

Language: English

ISBN-10: 1572249218

ISBN-13: 978-1572249219

Product Dimensions: 1 x 8 x 10 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews (84 customer reviews)

Best Sellers Rank: #10,196 in Books (See Top 100 in Books) #4 in Books > Health, Fitness &

Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #10 in Books > Health,

Fitness & Dieting > Mental Health > Compulsive Behavior #17 in Books > Health, Fitness &

Dieting > Mental Health > Personality Disorders

### Customer Reviews

This is a great book for OCD sufferes and their families. The book is comprised of several different approaches that all work together to build a helpful overall viewpoint of OCD and to also offer a way through the problems that this illness causes. There are case studies, questionaires, snippets of advice for family members, and exposure-response prevention cognitive behaviour therapy (ERP CBT) exercises proven to help people to get past the fears associated with their OCD. The book is very accessible and the writing style is compassionate and easy to read--I have read far drier OCD books! One of the main advantages of this book is the variety of the information and the diversity with which it is presented. Quite often people are not diagnosed with OCD for many years after it begins to trouble them. I think that this is because so many normal people (if there is truly such a creature) also have the same sorts of thoughts that the people with OCD have. Therefore, many people who do have OCD spend years wondering why life seems to be so much harder for them than for other people, since "everyone has thoughts they don't want, so what's wrong with me?". By reading through the case studies you have a chance to perhaps see your own problems; and the questionaires also give you a range of issues that OCD patients suffer with. Being able to identify with the cases and symptoms presented at a glance is great for people who might not be sure whether or not they are OCD. The vast relief you can find from simply being able to realise that. "Those thoughts don't mean I am bad; they're just OCD" is hard to over-value. I have two issues with this book. One is that the author is, in my opinion, too quick to dismiss the potential of natural therapies.

### Download to continue reading...

Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming
Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD
Treatment And Recovery) OCD: Take CONTROL of Obsessive-Compulsive Behavior for goodl: A
guide to how to free yourself from Obsessive Compulsive Disorder (OCD). (OCD, Obsessive ...
Brain Lock, Delivered from Distraction) Living with Anxiety and an Obsessive Compulsive Partner
(OCD, Mental Illness, Anixety, Depression, ERP, Obsessive Compulsive Disorder) Anxiety
Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder
(OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social
Anxiety The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder
Obsessive Compulsive Anonymous: Recovering From Obsessive Compulsive Disorder When a
Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by
Obsessive-Compulsive Disorder Personality Disorders:The Ultimate Personality Disorder Guide 2nd
Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive

Compulsive Disorder Book 1) Hope Is on Your Side: A Motivational Journal for Those Affected by Obsessive-compulsive Disorder Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition Obsessions, Rituals and Wasted Time: Living with Obsessive Compulsive Disorder and Waiting for God to Come to the Rescue Everything in Its Place: My Trials and Triumphs with Obsessive Compulsive Disorder Overcoming Obsessive-Compulsive Disorder - Client Manual (Best Practices for Therapy) Triggered: A Memoir of Obsessive-Compulsive Disorder Overcoming Compulsive Checking: Free Your Mind from OCD The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Brain Lock: Free Yourself from Obsessive-Compulsive Behavior Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets: Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber

**Dmca**