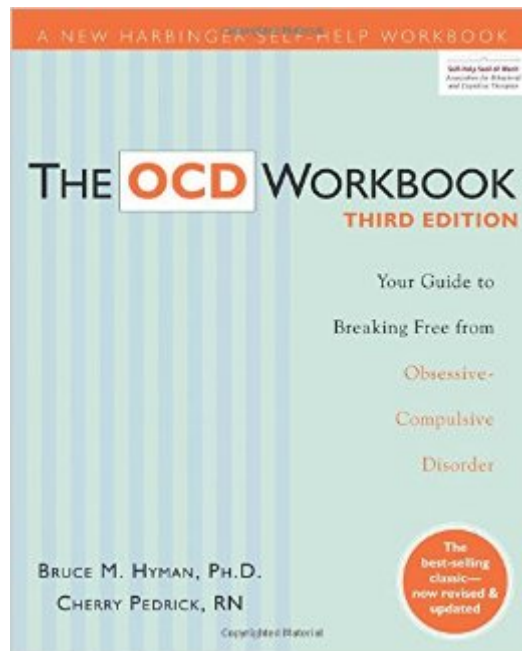


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# The OCD Workbook: Your Guide To Breaking Free From Obsessive-Compulsive Disorder



## 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

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## Customer Reviews

This is a great book for OCD sufferers 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, questionnaires, 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 questionnaires 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.

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