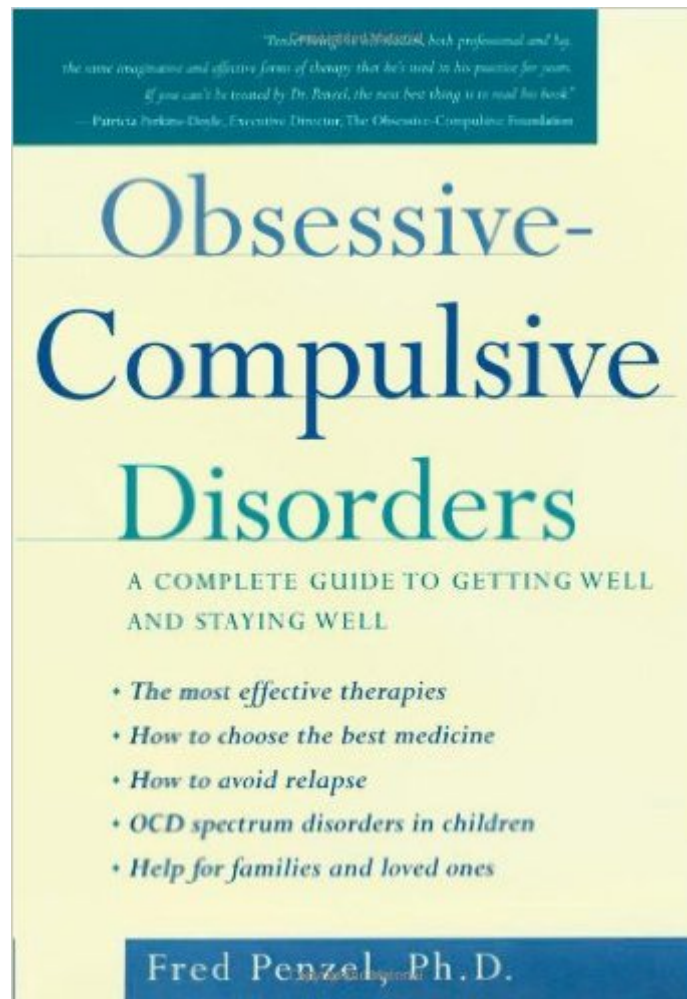


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# Obsessive-Compulsive Disorders: A Complete Guide To Getting Well And Staying Well



## Synopsis

Morbid obsessions with sex, germs, or with one's appearance, and uncontrollable compulsions to hoard objects, to check and recheck locks, or to pull one's hair are just a few of the symptoms of Obsessive-Compulsive Disorders, which afflict over ten million Americans. Many suffer in isolation, not knowing that their disorder has a name, how to seek help, or how to help themselves. Dr. Penzel discusses the entire spectrum of these disorders, from the classic form characterized by intrusive, repetitive, and often unpleasant thoughts, to body dysmorphic disorder ("imagined ugliness"), trichotillomania (compulsive hair pulling), compulsive skin picking, and nail biting. He takes the reader through each step of the most effective behavioral therapies, detailing how progress is made and how to avoid relapse. He also offers a completely up-to-date discussion of medication--how it is used as part of the overall treatment, its effect on pregnancy, how to choose the best medicine, and how to know if it is working. In addition, Dr. Penzel discusses the treatment of children with these disorders, offers helpful advice for the families of sufferers, and lists sources of help and information (including the latest sites on the Internet).

## Book Information

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## Customer Reviews

This is a true masterpiece. Not only is this book readable, interesting, packed with facts and informative, but it is also full of positive talk. I have done much research on this topic and by far this book is the most uplifting. It is non judgemental, full of hope, and leaves the reader with a new understanding of the disorders discussed. This book is excellent for sufferers, family members and

professionals. Surely worth reading. If I could recommend one book on this topic this would be it. Thank you, Dr. Penzel. I am sure this will help many people.

Knowing that Dr. Penzel specializes in OCD, I ordered the book immediately and the book was just what I expected: An authoritative, complete study of OCD and its subcategories, its accompaniments (as Dr. Penzel calls them), its possible causes, therapy, and medication. It is a very professional guide for anyone suffering from OCD or their relatives, even for psychologists and psychiatrists who want to learn about the latest diagnostic and treatment techniques.

Obsessive compulsive and related disorders are difficult but not impossible to treat. In this comprehensive and highly readable book, Dr. Penzel covers all of the most important aspects of these conditions. As a nationally recognized expert, the author uses his vast knowledge and experience to assist sufferers, relatives, and clinicians as they confront these challenging problems. I highly recommend this book for the knowledge that it imparts as well as for the author's optimism and compassion, which are evident throughout the book.

This book is exactly what it says - a complete guide. Very informative, practical help is given, with a strong element of understanding supportiveness at the same time. You can take this book, design a program for recovery, and implement it. Or, if you just want to understand more about the world of an OCD sufferer, you will find plenty of information here. I especially liked the sections covering realistic expectations in recovery, acceptances the sufferer needs to make in living with the disorder, and how to maintain a recovery over the long term. A lifeline to those suffering from OCD or their families, this book is hopeful and realistic at the same time.

This is probably the most thorough book on the subject I have seen. The powerful misconception that accompanies Obsessive Compulsive Disorder: "No one would believe I think and/or act this way..." is refuted because he comprehensively mentions so many different ways this disorder manifests itself. Anyone who suffers from OCD will surely have many of their symptoms mentioned, identified and addressed. I know for me it was reassuring. I wish I had found it years ago.

The book highly met my expectations. It is a self-help guide with deep insight of compulsions and the reasons behind them. It also warns users about the tricks which their brain might play to fool them so as to give way to compulsions or avoiding to confront their obsessions.

Obsessive compulsive and related disorders are difficult but not impossible to treat. This book, the most comprehensive one on the subject, covers the most important aspects of a variety of anxiety and other conditions. As a nationally recognized expert, Dr. Penzel uses his vast knowledge and experience to assist sufferers, relatives, and clinicians manage these challenging problems. He also provides a very useful list of resources. I highly recommend this book for the knowledge that it imparts as well as for the author's optimism and compassion, which are evident throughout the book.

Sherrie M. Vavrichek, LCSW-CA Author, "The Hair-Pulling 'Habit' and You" and "The Guide To Compassionate Assertiveness"

This is the most comprehensive book I've read on the subject. It includes many types of obsessions/compulsions not mentioned in other books (many books always talk about hand-washing, but many OCD sufferers don't do that). There is also a section on skin picking and hair pulling, often not covered in other books.

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