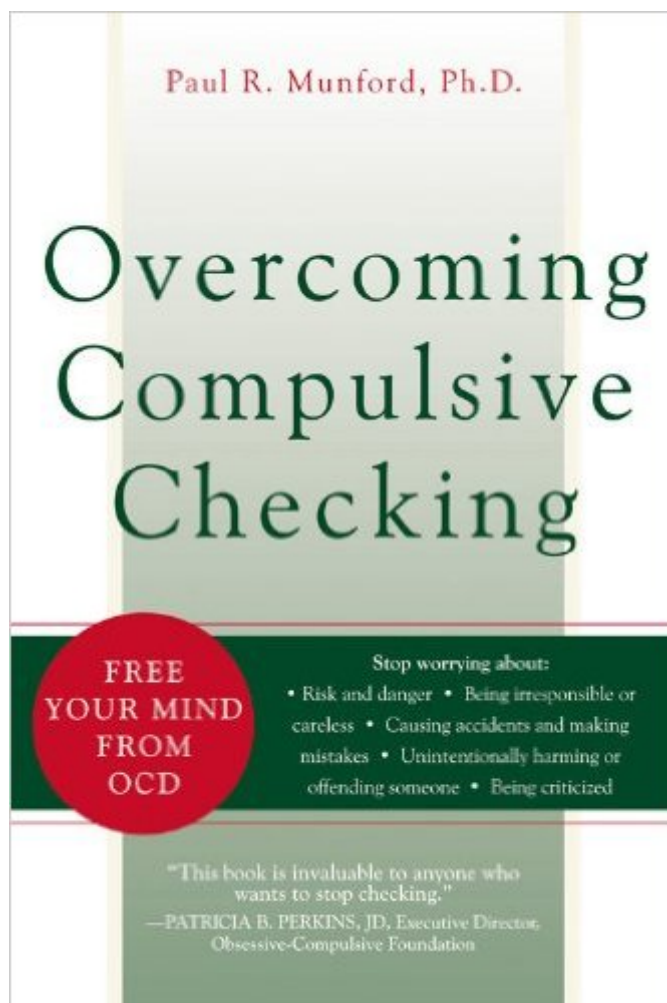


The book was found

Overcoming Compulsive Checking: Free Your Mind From OCD



Synopsis

If you struggle with compulsive checking, one of the most common types of obsessive-compulsive disorder, you know some things all too well: the pain and frustration of feeling irresponsible and careless, the anxiety caused by the fear that you might hurt or offend someone and by living with the worry of criticism. But what you may not know is that there are things you can do by yourself, at any time, to start feeling better. Most books on OCD focus on many types of this complex group of disorders. This book offers a program designed with you in mind, focusing just on your problem with checking. Start with the book's self-assessment tools, which will help you understand the scope of your particular problem. Then get ready to do something about it. Based on his decades of clinical experience, author Paul Munford has developed a treatment for compulsive checking called exposure, ritual prevention, and awareness therapy (ERPA), which is adapted in this book for you to use as a self-care approach. Through this process, you'll learn to confront your fears and experiment with safe, controlled exposure to situations you've been avoiding. Once you've achieved security and peace of mind, find out how to maintain your progress and deal with particularly challenging situations. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit – an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Book Information

Paperback: 168 pages

Publisher: New Harbinger Publications; 1 edition (December 1, 2004)

Language: English

ISBN-10: 1572243783

ISBN-13: 978-1572243781

Product Dimensions: 6.1 x 0.4 x 9.1 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars – See all reviews (6 customer reviews)

Best Sellers Rank: #806,532 in Books (See Top 100 in Books) #102 in Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #732 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #3131 in Books > Self-Help > Self-Esteem

Customer Reviews

Few clinicians understand the nature and treatment of obsessive-compulsive disorder as thoroughly as Dr. Munford. He has written a book that is thoughtful, sensitive, and pragmatic and will certainly help anyone who follows his straightforward and proven strategies to overcome compulsive checking. I recommend his book to those who suffer with compulsive checking as well as to clinicians who are looking for ways to help their clients overcome this debilitating problem.

This book is just how to do Cognitive Behavior Therapy. If you have already tried it, or it has not worked for you in the past, this book may not be for you. Very informative, if that is what you are looking for. Says it may not work for the most severe cases of OCD (anything worse than moderate OCD), which is what my boyfriend has.

Deliver on time and described as online.

[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 good!: A guide to how to free yourself from Obsessive Compulsive Disorder (OCD). (OCD, Obsessive ... Brain Lock, Delivered from Distraction) Overcoming Compulsive Checking: Free Your Mind from OCD Living with Anxiety and an Obsessive Compulsive Partner (OCD, Mental Illness, Anxiety, Depression, ERP, Obsessive Compulsive Disorder) Just Checking: Scenes from the life of an obsessive-compulsive The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder 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 Overcoming Problem Gambling - A guide for problem and compulsive gamblers (Overcoming Common Problems) 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 Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Free When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by

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 Obsessive Compulsive Anonymous: Recovering From Obsessive Compulsive Disorder Could it be You?: Overcoming Dyslexia, Dyspraxia, ADHD, OCD, Tourette's Syndrome, Autism and Asperger's Syndrome in Adults The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Strivings Within - The OCD Christian: Overcoming Doubt in the Storm of Anxiety Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes)

[Dmca](#)