

The Ocd Workbook Your Guide To Breaking Free From Obsessive Compulsive Disorder 3rd Edition A New Harbinger Self Help Workbook

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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.

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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.

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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.

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Book Overview Obsessive-compulsive disorder (OCD) is a neuro-biological disorder affecting one out of 40 adults. This text presents an intensive programme that allows individuals to learn how to overcome OCD.

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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.

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The OCD Workbook, Third Edition offers the latest findings on the causes and most effective treatments for obsessive-compulsive disorder (OCD). It includes helpful information on medications and shows readers how they can calm their impulses through techniques drawn from acceptance and commitment therapy and cognitive behavioral therapy.

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