

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

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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 examples of cognitive behavioral treatment components for adults and children with OCD are very comprehensive. Parents and family will find support and assistance in breaking the patterns of enabling, and therapists will be able to implement behavioral assignments that will decrease OCD suffering.”.

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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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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 ...

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--Aureen Pinto Wagner, Ph.D., author of Up and Down the Worry Hill: A Children's Book About OCD, What to Do When Your Child Has OCD, and Treatment of OCD in Children and Adolescents "The third edition of The OCD Workbook expands on the already comprehensive second edition by adding new insights in areas including mindfulness meditation, responsibility modification techniques, and acceptance ...

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