



OCD Workbook 3d

Bruce M. Hyman , Cherlene Pedrick

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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 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
Maintain your progress and prevent future relapse

OCD Workbook 3d Details

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From Reader Review OCD Workbook 3d for online ebook

Julie Sale says

Yeah it was alright. I don't agree with the writers completely about who can and can't treat OCD. I think trained therapists can and it does not need to be a psychiatrist. Either can do this job if they have been trained specifically to deal with OCD

Morgan says

This is a great self-help book and has a lot of assessments and tools for therapists to use for psychoeducation.

Anita says

I read this book to fulfil the goal read a book you own but have never read. I bought this book on the recommendation of my psychologist who saw some ocd like tendencies in me. after reading this book, he and i agree that i do not have ocd. instead i may have something called borderline personality disorder. i'll be reading about that next. this book would be extremely good and helpful to someone that actually did have ocd. i did learn quite a few things about how to overcome compulsions and obsessions. i would recommend it to any one suffering with ocd. it just wasn't for me at this point in my life. still a good book though if you need it.

Karen says

This did not help.

Cindy says

Enjoyed the hands on work of this book and the break down of facts about OCD. syndromes, actions, and cures.

Bridgett says

This book had a lot of useful explanations of OCD and activities to try and measure your OCD problems and self-treat it. However, the book is divided into many sections of different types of OCD problems, so not every section will likely be applicable.

Frederick says

Compulsively readable.

Aynur Aslanova says

This book gives a good understanding of OCD. Highly recommend. The checklists provided are the best ever and mostly useful that I could ever find. Good job Bruce!
