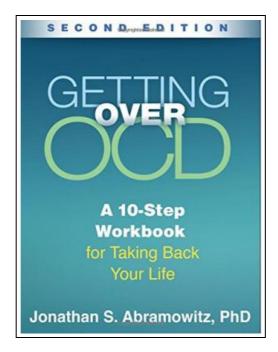
Getting Over OCD, Second Edition: A 10-Step Workbook for Taking Back Your Life (Paperback)



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Reviews

The book is great and fantastic. It usually does not price excessive. I am happy to tell you that this is the greatest ebook i actually have read during my personal existence and can be he very best ebook for possibly.

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GETTING OVER OCD, SECOND EDITION: A 10-STEP WORKBOOK FOR TAKING BACK YOUR LIFE (PAPERBACK)



Guilford Publications, United States, 2018. Paperback. Condition: New. 2nd New edition. Language: English . Brand New Book. Thoroughly updated based on the latest science, this empowering workbook gives you the skills to overcome obsessional thoughts and compulsive behaviors--and live a freer, happier life. Leading OCD specialist Dr. Jonathan Abramowitz presents a step-by-step program grounded in cognitive-behavioral therapy (CBT), the most effective treatment for the disorder. Vivid stories and numerous practical tools (which you can download and print for repeated use) help you: *Understand how OCD affects your mind and body. *Develop a customized plan for change. *Find relief from distressing intrusive thoughts. *Confront the situations you avoid--and discover a new sense of safety. *Break free of compulsive rituals. *Reduce anxiety and improve your relationships. The second edition is revised throughout with cutting-edge strategies for coping with unwanted thoughts that can t be eliminated completely, plus new learning techniques drawn from brain research. Ready to get over OCD? Your journey starts here.



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