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



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## Reviews

*Excellent electronic book and valuable one. We have read and so i am sure that i am going to likely to study again once more in the foreseeable future. I am just happy to inform you that here is the very best book i have read during my personal lifestyle and might be he greatest book for possibly.* (Brendan Wuckert)

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



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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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