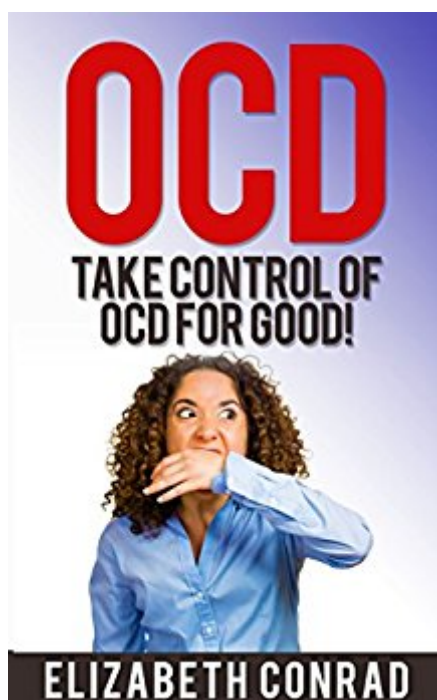


The book was found

OCD: Take CONTROL Of Obsessive-Compulsive Behavior For Good!: A Guide To How To Free Yourself From Obsessive Compulsive Disorder (OCD). (OCD, Obsessive ... Brain Lock, Delivered From Distraction)



Synopsis

YOU Can Conquer OCD! Obsessive Compulsive Disorder doesn't have to ruin your life. If you're one of the millions of people whose OCD limits their ability to function, you can rest easy. OCD: A concise guide to Obsessive-Compulsive Disorder will help you unlock the secrets to not only gaining a better understanding of the disorder and what it's like to live with it from day to day, but also to treatments and coping strategies that will lead you to victory. This book will teach you | What OCD is, and symptoms to watch for How OCD affects the brain Types of therapy available, and how to choose a therapist Medications that have been proven to help How to help loved ones cope with OCD Much, much more! Conquering OCD isn't a one-size-fits-all solution. This book will guide you through the many options available to help you develop the best strategy to help you or your loved ones navigate the pitfalls and overcome the debilitating effects of this disorder. Take action now to start living your life to the fullest!

Book Information

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Customer Reviews

I needed a quick primer on OCD for a lawsuit that I had where the Plaintiff is afflicted with this disorder. I needed to know the nuts and bolts of this disorder before I spoke to my expert. I used this

book to get me up to speed with the subject. I found it to be informative, well-written, and I trusted the information that I gained from this book. A very solid resource.

This book helps to re-frame OCD so that you can get some altitude in thinking about it (it lets you see it objectively, as if from a bird's eye) and start solving the problem. It gives a full discussion of the disorder and has concrete steps on how to treat it.

I have a friend who I swear is OCD! Well, I have always thought he was anyway... I wasn't 100% positive. The "myths section" was incredibly helpful, mainly because you hear about all this stuff about OCD but it isn't all based on fact. So it was good to know what was real and what was a myth. I no longer think my friend is OCD, I now just think he is picky and very selective.

Helpful for those coping with OCD, and anxiety. gives insight and reassurance for the disorder, and ways to handle it

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