



The Beating OCD Workbook (Teach Yourself: Relationships & Self-Help)

Stephanie Fitzgerald

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Are you suffering from OCD? Do you want to learn techniques for overcoming destructive rituals or troubling thoughts? Would you like lasting strategies to help you stay free of OCD for good? This workbook provides an interactive course of CBT to tackle OCD. It doesn't just *tell* you how to feel better by using diagnostic tests, practical exercises and thought challenges, it will *show* you how to feel better. The coverage includes all the forms and presentations of OCD, while the exercises and support throughout will give you a feeling of real progress. Helpful sections for relatives on how to help you best will all go towards preventing future relapses and help you to regain control of your life for good.

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Dennis James:

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