



Overcoming Obsessive Compulsive Disorder: A Books on Prescription Title

By David Veale, Rob Willson

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Obsessive Compulsive Disorder: A Books on Prescription Title, David Veale, Rob Willson, A Books on Prescription Title Break free from unhelpful rituals and take control of your life Are you plagued by a recurring thought or idea that just won't go away? Perhaps you feel the need to wash your hands frequently, hoard things or repeatedly check that all appliances have been turned off before leaving home? These are common symptoms of obsessive compulsive disorder (or OCD), a condition that causes distress to hundreds of thousands of people. Cognitive Behavioural Therapy has been clinically proven to significantly reduce symptoms of OCD. Learn how to break free from the destructive cycle of obsessive behaviour and regain control of your life. Shows you how to reduce the distress caused by disturbing thoughts, images and urges Reduces and gradually helps you overcome compulsions Offers advice on how partners, relatives and friends can help.



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