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The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder. Whether you suffer with OCD or a related disorder, such as body dysmorphic disorder or trichotillomania, let this new edition of The OCD Workbook be your guide on the path to recovery.

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The examples of cognitive behavioral treatment components for adults and children with OCD are very comprehensive. Parents and family will find support and

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OCD Workbook: Your Guide to Breaking Free from OCD. £ 19.99. Since its first publication in 1999, the OCD Workbook has become among the most trusted and recommended OCD resources available. More than 40,000 copies have provided help and hope to people with the disorder, and therapists have come to regard the book as a useful adjunct to their private practices.

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If you have obsessive-compulsive disorder (OCD), chances are that your persistent obsessive thoughts and time-consuming compulsions keep you from enjoying life to the fullest. But when you are in the habit of avoiding the things you fear, the idea of facing them head-on can feel frightening and overwhelming. This book can help. The OCD Workbook has helped thousands of people with OCD break the ...

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--Aureen Pinto Wagner, Ph.D., author of Up and Down the Worry Hill: A Children's Book About OCD, What to Do When Your Child Has OCD, and Treatment of OCD in Children and Adolescents "The third edition of The OCD Workbook expands on the already comprehensive second edition by adding new insights in areas including mindfulness meditation, responsibility modification techniques, and acceptance ...

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