



Getting Over OCD: A 10-Step Workbook for Taking Back Your Life (Guilford Self-Help Workbook)

Jonathan S. Abramowitz

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Just imagine: No more obsessional thoughts and compulsive behaviors. No more planning your day around avoiding certain situations. You *can* get over OCD--and join the thousands of people who are living freer, happier lives thanks to the clinically proven strategies in this book. Noted OCD specialist Dr. Jonathan Abramowitz provides the information, support, and practical tools you need to:

- *Understand your obsessions, compulsions, and rituals
- *Develop a customized action plan
- *Take gradual steps to safely confront--and master--the situations you avoid
- *Find relief from intrusive thoughts, no matter how distressing
- *Overcome compulsion urges
- *Reduce anxiety and improve your relationships

Based on cognitive-behavioral therapy, the most effective treatment for OCD, the workbook's carefully sequenced exercises are illustrated with detailed examples. Ready to get over OCD? Your journey starts here.

Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

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Margaret Holt:

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Jennifer Johnson:

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Lillian Thornton:

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