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**FREEDOM FROM
OBSESSIVE-
COMPULSIVE
DISORDER**

**Updated
Edition**

**A Personalized Recovery
Program for Living with
Uncertainty**

"This book is NOT JUST for OCD sufferers. Many of us have fleeting glimpses of being stuck in our minds. Jon Grayson's cutting-edge approach can help all of us learn to confront our fears as we learn to live in the moment."

—Dr. Mehmet Oz

Jonathan Grayson

Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition



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Nearly six million Americans have problems with the symptoms of obsessive-compulsive disorder, which can manifest itself in lots of ways: paralyzing concern with contamination; unmanageable “Result in bed sheets” Jonathan Grayson’ excessive nervous about purchase, symmetry, and counting;s revolutionary and compassionate system for finally breaking the cycle of overwhelming fear and endless rituals, including: Freedom from Obsessive-Compulsive Disorder provides Dr. rituals; and others. Self-assessment lab tests that guide readers in identifying their specific kind of OCD and help track their improvement in treatmentCase studies from Dr. Grayson’s groundbreaking and profoundly successful treatment programBlueprints for programs tailored to particular manifestations of OCDPreviously unexplored manifestations of OCD such as for example obsessive staring, Romantic relationship OCD (R-OCD), obsessive intolerance of environmental noises and chewing soundsTherapy scripts to help people develop their have therapeutic voice, to motivate themselves to succeedNew therapies found in conjunction with exposure techniques“checking”but the courage to do it. for identifying and planning for obstacles that arise in treatmentInformation on creating a support groupAnd much moreDemystifying the process of OCD evaluation and treatment, this essential book helps sufferers seem sensible of their own compulsions through frank, unflinching self-evaluation, and not only the data of how to change—



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AMAZING BOOK ON RECOVERY This book taught me more about OCD than anything I've read.. I came across little to no reassurance in this reserve, instead I found strong motivation, tools for recovery, and resources to support me along the way. There really IS hope, although a lot of people I've met don't believe it. I saw Dr. You might be surprised at the info. He addresses friends and family, teaching them how they are able to best support themselves with OCD. Even though you don't think a chapter concerns you, go through it. Grayson on Oprah--the show barely scratched the top of what OCD is usually and what recovery can appear to be. Great book! CBT therapist posting. Each you have helped me get over an interval of anxiety. Nevertheless, Dr. Grayson's book is usually on another level. Always something to understand and this book can be an example of that. Various other books were good, plus they provided a lot of good reassurance, but as you might know, with OCD, reassurance isn't always a very important thing. Grayson reaches the primary of the disorder and touches all of the bases in a manner that many therapists don't. Dr. Five Stars thanks Five Stars OMG it's so excellent! I would start with this publication if you want to learn more about how to consider the control back your life. And at the risk of sounding less OCD and even more schizophrenic, it's like Dr. Brilliant Essential buy and read for those who have OCD. So many times he said "You're probably thinking..." or "You know that. It contains critical specifics that I've not even seen mentioned in lots of various other books, my interpretation can be that Dr.. He includes a deep, deep knowledge of the OCD mind.", and he was almost always correct. His understanding was even more evident than any various other author I've read. While reading previous books, I ignored exercises because I thought they were silly, contrived, or unnecessary. It's not all boring theory- that it is useful stuff for practical application and . The exercises are mostly very helpful. He really lays everything out. He does a brief overview of OCD, but doesn't belabor it - after all, the majority of us who are scanning this book know about it first-hands. He describes the various manifestations and related disorders, how their existence can present difficulties, and how those challenges can be overcome. Grayson offers better insight into OCD than many other practitioners. He helps the reader style individualized recovery programs through numerous exercises. I recommend this eye-opening, thorough book.. Buy it! He takes all this complicated material and makes it simple - learn to live with uncertainty, as well as your existence will improve. I'm confident in saying that this is actually the best book on OCD I've ever examine. I totally recommend it to both individual just learning about OCD and the learned, experienced individual. I will need to reread that one, but more importantly I will use its tools to defeat my OCD... It's true that it is all treated primarily the same manner, but it's naive to deny that there are unique challenges to each theme. Highly recommend so far. A journey deep in to the mind of an OCD sufferer I've read several books on OCD and nervousness, including "Obtaining Control" and "The Imp of the Mind" by Lee Baer, "YOU AREN'T THE HUMAN BRAIN" by Jeffrey Schwartz, "Overcoming Obsessive Thoughts" by Clark and Purdon, and "Hope and Help for Your Nerves" by Claire Weekes. I am in private practice of CBT. After viewing, I realized I'd obtain something from the reserve itself. Dr. Grayson's debate of our problems in dealing with uncertainty as the primary of OCD makes therefore much sense and his suggestions for how to make positive change and manage OCD are solid, research-based, and completely explained. In ways, there's a substantial amount of "tough love", but that's just what we need. I would recommend each one of these books within their own way, especially "The Imp of your brain" and "Hope and Help for Your Nerves". One of the best on OCD Great book! This reserve is written by a true expert whom I had under no circumstances heard of until a colleague told me of his type downloads. Among the best on OCD. Steadily going through the book to improve my existing abilities. I'm an OCD sufferer, having been through many different forms through the years, including Harm-OCD, obsessing about obsessing, health issues, Relationship OCD, and others. Best OCD book This book may be the most in depth book on OCD I've ever read. Absolutely necessary for an OCD sufferer or somebody within their family. Great information, readable. I'm just a few chapters in but I've learned so much! That is written for the average individual to read and understand and includes a lot of great

information. And that insight helps the reader possess a greater potential for overcoming OCD. He addresses this mentality, and I came across myself doing all of the exercises. Dr.. Finally, he leaves the reader with resources for further help, including details on organizations, organizations, therapists, etc. In conjunction with the support of therapy, this is a helpful tool in conquering OCD. It's not all boring theory- that it is useful stuff for practical application and making a plan for yourself for treatment. Grayson is certainly a big proponent of Publicity and Response Prevention, the "gold regular" of OCD treatment today. Informative Read Lots of information within the spectrum of OCD Five Stars It helpful, finished . which I want. Grayson could read my brain. He lays out a obvious plan to avoid major relapses and stay "better". This is actually the best book on overcoming OCD I have read by far This is actually the best book on overcoming OCD I've read by far.DR GRAYSON IS BRILLIANT



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