

S E C O N D E D I T I O N

GETTING **OVER** OCD

**A 10-Step
Workbook**
for Taking Back
Your Life

Jonathan S. Abramowitz, PhD

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Getting Over OCD, Second Edition: A 10-Step Workbook for Taking Back Your Life (The Guilford Self-Help Workbook Series)



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Thoroughly updated based on the latest science, this empowering workbook offers you the abilities to overcome obsessional thoughts and compulsive behaviors--and live a freer, happier life. Leading OCD expert Dr. *Confront the situations you avoid--and discover a new sense of safety. Vivid tales and numerous practical tools (that you can download and print for repeated use) help you:

- *Understand how OCD affects your mind and body.
- *Develop a customized plan for change.t end up being eliminated completely, plus fresh learning techniques drawn from brain analysis.

Jonathan Abramowitz presents a step-by-step program grounded in cognitive-behavioral therapy (CBT), the very best treatment for the disorder. *Break free from compulsive rituals. *Reduce stress and improve your interactions. The second edition is certainly revised throughout with cutting-edge strategies for coping with unwanted thoughts that can' *Find relief from distressing intrusive thoughts.

Prepared to overcome OCD? Your trip starts here.



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no longer feeling he has to be in absolute control & thus freer to take pleasure from normalcy. The workbook layout let him focus on .Again, wish we had this book years back!. thus freer to enjoy normalcy. The workbook layout let him focus on the areas looking for work to help him better along with his personal particular OCD symptoms. Up to now it offers helped me understand my son's struggles with OCD. I want I had years back. My son reports feeling much more ease along with his OCD symptoms, no more feeling he needs to be in total control & I purchased this publication & my son with OCD purchase a copy as well..



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