

A NEW HARBINGER SELF-HELP WORKBOOK

Recommended by the
Self-Help Seal of Merit
Association for Behavioral
and Cognitive Therapy

THE **OCD** WORKBOOK

THIRD EDITION

Your Guide to
Breaking Free from
**Obsessive-
Compulsive
Disorder**

BRUCE M. HYMAN, PH.D.
CHERRY PEDRICK, RN

The
best-selling
classic—
now revised &
updated

Bruce M. Hyman PhD LCSW and

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder



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My therapist recommended this to me My therapist recommended this to me. I acquired so much out of it! I acquired no idea that so a lot of what I have a problem with stems from my OCD. It offered me equipment that I am using now and that assist daily. There was a substantial part of the back again of the publication which targets particular OCD conditions that didn't connect with me but I understand would be very helpful for all those with those issues. I simply skipped those parts. I'd say read and do the exercises for the parts that apply to you. I'm really grateful to have found this book. Great book for most of those who have OCD Great book for most of those who have OCD. I've lived with it for most of my life, which book not only helped me to understand OCD better, but it also helped me experience not so by itself, and helped me find out some ways to help battle my OCD.Great book. Great exercises. I throw those thoughts in the irrational/useless pile and move ahead Very helpful! I think why is this book the most engaging is ..! I think why is this book the most engaging is that it followed the story of 5 people suffering from OCD, and 2/5 were exactly my scenario! I have experienced OCD most of my entire life and this reserve has been amazing! Great evaluations. Hyman for creating this useful workbook! A very important factor that helped was in the beginning chapters when you are over your OCD symptoms and issues..! It confirmed:1) I have OCD2) My OCDs are very common, and having confirmed my OCD, I've taught myself to dismiss anything linked to those specifics thoughts/obsessions!! I'd definitely recommend it. Five Stars Using this book with a customer with OCD and another with Body Dysmorphic Disorder. Hyman for creating this useful workbook! This is becoming a staple for me in my own therapy office as I use a growing number of clients with OCD symptoms. Complete and helpful! The OCD Bible!!! Ideal for my OCD patients Good easy to understand information for my OCD patient, the majority of assignments are also helpful. Thank you Dr. The very best book written on OCD ever! In the entire field of books and workbooks on all types of ocd and treatments- this book is the gold standard! I have never created in it as a workbook- I simply consult it over and over- it's that good. It's the best reserve written on ocd ever! Just reading the stories from others only is helpful and it explains the condition and how to treat OCD also with a family section to describe to your family in what it is definitely you 're going through and how they are able to help. It's very thorough. The worksheets and exercises are really helpful. As a therapist who works together with clients who have OCD, this is a very complete and helpful workbook! Interesting book It is a fascinating book to make use of and it offers your client a knowledge of what OCD is. nice nice Four Stars This book has help my son deal so what better with his OCD.



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