

A NEW HARBINGER SELF-HELP WORKBOOK



The

# Mindfulness Workbook for OCD

A Guide to Overcoming Obsessions AND  
Compulsions Using Mindfulness  
AND Cognitive Behavioral Therapy

JON HERSHFIELD, MFT

TOM CORBOY, MFT

FOREWORD BY JAMES CLAIBORN, PHD, ABPP

Jon Hershfield MFT

**The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions  
and Compulsions Using Mindfulness and Cognitive Behavioral Therapy  
(New Harbinger Self-help Workbooks)**



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For those who have obsessive-compulsive disorder (OCD), you may have an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel just like a prisoner, trapped together with your intrusive thoughts. Even though OCD can have a devastating effect on a person's life, getting real help could be a challenge. Combining mindfulness practices with cognitive behavioral therapy (CBT), The Mindfulness Workbook designed for OCD offers useful and accessible tools intended for managing the undesired thoughts and compulsive urges that are associated with OCD. You should know that mindfulness-based approaches have been proven-effective in treating OCD and stress disorders. With this workbook, you will establish present-moment awareness, figure out how to challenge your have distorted thinking, and prevent treating thoughts as threats and feelings as facts. If you have tried medicines without success, it might be time and energy to explore further treatment plans. They involve developing a knowledge and acceptance of the undesirable thoughts, feelings, and urges that are at the heart of OCD.



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Amazing! As a Pure O OCD sufferer, I recommend this book! I have learned acceptance for my thoughts and what they are really.. I've found the language used I've been slowly working through this reserve, it's actually reiterating important skills and I'm an enormous fan of mindfulness which means this was an excellent fit. Thoughts! This reserve changed my life and I am once again capable to breathe, it is God sent! Highly beneficial synthesis of mindfulness, cognitive therapy and exposure The authors write from a perspective of warmth, humanity and respect for the reader which is apparent through the entire book. This book helped me articulate my feelings and also have goals to maintain family and community. I became confident and aside from the reserve, my spirituality helps too with support from my mother and spouse. The Acceptance, Evaluation and Action program is a very helpful method of framing treatment and not just is this book an excellent adjunct to therapy, additionally it is of tremendous benefit to those for whom treatment is certainly inaccessible. There is the language used has also helped me better exhibit my emotions concisely to my loved ones. specifically the type of OCD that presents up as intrusive thoughts... This is a really helpful book. great material in book Highly recommended. Classic exposure and response therapy (or ERP) was been explained by at least one individual who works with it as "the cruelest form of therapy," and it reports a high dropout rate in the literature - conversely Hershfield's gentle, positive and hopeful approach, certainly borne of his own perspective as a recovering sufferer, will help open the doorways of treatment for many even more people. I would suggest this workbook to anyone experiencing obsessive-compulsive disorder. Having the ability to end and "create it out" assists tremendously to see what's actually going on. I experienced that it had been a bit generic, however, and that beyond the explanations of the ways OCD manifests itself, it's really just a mindfulness workbook with little factoids about OCD. I think this book will be effective for someone simply starting out on the therapeutic trip and/or for someone who can't afford a therapist, nonetheless it doesn't hold any secrets that you will not come across by googling "mindfulness" and "OCD" together.

Wonderful, helpful book Anyone that offers struggled with OCD can purchase this workbook. It offers helped me tremendously, looked after covers the many different types of OCD, as any OCD sufferer will probably experience more than one type of OCD throughout their lifetime. The writer is also an OCD sufferer, and having a book like this that is written by somebody who knows what it means to struggle with OCD is really a gift. The new gold standard for OCD treatment We am a CBT therapist who now enthusiastically prescribes this publication to all or any of my OCD clients. The authors are understanding and nonjudgmental. As additional reviewers have pointed out, mindfulness techniques that help you observe rather than respond to OCD thoughts have become an important component in recovery. I feel an equally important point may be the book's emphasis on starting with gradual methods toward exposure. It's very well crafted and professional. I recommend this book for anyone who suffers from OCD. it's really reiterating important abilities and I'm an enormous fan of mindfulness so this was a great fit.. I highly recommend The Mindfulness Workbook for OCD both to clinicians and people suffering with OCD. A book way before it's time! I will horticultural school due to this book, while schooling as volunteer the whole time as docent. One thing that I like is how it has a certain chapter dedicated to . It's created in a manner that teaches you how to relate in different ways to the thoughts and feelings that can be so debilitating. Five Stars Perfect, what I needed One Star It is thus complex horrible reserve. I'm convinced a mindful method of treating OCD may be the only way to come quickly to peace with OCD and this publication teaches you how exactly to do so. Useful book Awesome book. it makes OCD worsen. I feel like writer is normally understanding well about OCD and how the people with OCD will feel. A very important factor

that I really like is certainly how it has a certain chapter focused on each type of OCD so that each individual can perform exercises tailored to their specific set of obsessions. I maintain it close and when I begin to lose clarity I just open up it up and gain my bearings again. When you have OCD simply opening a book such as this can send out you into a full breakdown. Jon Hershfield - a well-respected clinician who is suffering from OCD himself - and his co-writer Tom Corboy have laid out a very accessible and evidence-based strategy that makes sense for sufferers. Supports OCD with editing that invokes every compulsion I've The content is good and it's among those rare books that actually addresses the manifestations of OCD beyond physical compulsions, including coping with intrusive thoughts plus some of the more taboo brands of OCD. Certainly an excellent reference book as well. This is an excellent workbook If you have a problem with ocd this is a great book so long as you put in the work Life changing This workbooks reads so easy. I recommend this publication. I've read plenty of books on OCD and now there really is nothing else out there like this reserve. It helped me a lot. Great advice; helpful :) Extremely helpful! Many thanks so much I can carry out these exact things by managing my OCD and forgetting the past and being mindful of what I can do now to better myself. My medicine helped I feel part of a larger OCD community that's extremely significant and impactful to my life. The encouraging and reflective comments peppering the reserve make one feel that a trusted instruction is sitting close by and that the journey is not being taken alone. This book is a one of a kind and a absolute necessity for anybody which has OCD; They do a masterful job of describing cognitive distortions in this ways they might appear in OCD and the descriptions of what acceptance and minfulness might look like for numerous obsessions pulls everything jointly. I can do these things by managing my OCD and forgetting days gone by and getting mindful of what I can do now to raised myself. My medication helped, too.



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