



"The most empowering OCD  
book I have ever read."

—REID WILSON, PhD, author of  
*Stopping the Noise in Your Head*

# Everyday Mindfulness for OCD

TIPS, TRICKS & SKILLS  
FOR LIVING JOYFULLY

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Everyday Mindfulness for OCD: Tips, Tricks, and Skills for Living Joyfully



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Finally, you'll probably find this the most empowering OCD book I've ever read." —re tired of concentrating on how "but it doesn't thrive. In *Everyday Mindfulness for OCD*, two specialists in obsessive-compulsive disorder (OCD) provide a mixture of mindfulness, humor, and self-compassion to assist you end dwelling on what's wrong and begin enhancing what's ideal—leading to a more joyful life. If you've been diagnosed with OCD, you already know how your obsessive thoughts, compulsive behavior, and need for rituals can hinder everyday life. You've already undergone therapy or are in the midst of working with a therapist. *hard* living with OCD is and are looking for fun ways to take full advantage of your specific self, this book is a breath of oxygen. It ends with an OCD diagnosis. Actually, it's possible to not only live with the disorder, but also live joyfully. It has to define you. In *Everyday Mindfulness for OCD*, you'll also explore the idea of self-compassion— You'll learn about the globe of mindfulness, and how surviving in the present moment non-judgmentally is indeed important if you have OCD. Maybe you'll learn how you can stay one step ahead of your OCD. What it really is, what it isn't, how exactly to use it, and just why people with OCD reap the benefits of it. You'll discover daily video games, tips, and tricks for outsmarting your OCD, meditations and mindfulness exercises, and much, much more. Coping with OCD is demanding—it's not just survive— This useful and accessible guideline will highlight how. If you're Reid Wilson, PhD, writer of *Stopping the Sound in Your Head*. Don't It's very important to you to know that life doesn't



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As most books assist you to deal with the disorder itself rather than the (collateral damage) as they say, it could cause in its presence. However, I by no means got past the point of "simply surviving" and I've experienced threatened by OCD everyday. As well, this book isn't just for those who have OCD, this could be immensely helpful for people who just have stress and anxiety! It is 196 webpages but about half how big is the mindfulness workbook. And for those without a disorder but is definitely easily anxious, and stressed. I really like the fact that this reserve reframe as they say meditation, in that your not trying to very clear your mind just as much as observe it. As observed in the book having the goal to obvious your mind can end up being futile for all those with thought disorders. This is a great guide to go with the mindfulness book and also as a standalone text. A few of the workout presented could be a little challenging for individuals who haven't meditated before to understand. But I think Jon and Shala did an extremely thorough work in communicating position and what an overall meditation session should be. This book provides the equipment to flourish in existence with OCD. In addition, it is certainly compassionate and its final paragraph is probably the most comforting words I've read about OCD. But it is crucial to Practice compassion. From reading this reserve you will absorb the mindset and method of make coping with OCD a joy, rather than battle for survival. COULD IT BE WORTHWHILE? Overall this reserve IMHO isn't just for all those with OCD but may be used for a wide range of mental disorders. THAT I individually like because I can pack it in my own purses. Wonderfully written, truly transformative, life-changing This book is truly amazing and life-changing. It really is helping me to experience a lot more self-kindness, self-compassion and pleasure. I couldn't put it down, and completed it within a couple of hours. I'm right now re-reading over and over. It will be really supportive for the years to come. I possess trusted that this is true, but I have not however lived beyond a place where OCD feels like a curse. I have been so unkind, unloving - my own worst enemy. The authors are helping me to completely recontextualize the knowledge of experiencing OCD. The authors speak of OCD mastery, which alone, can be an evolutionary concept, and revolutionary in your brain of the OCDer. I've a little more space to breath, and I've a lighter bounce in my step. Now, learning about OCD mastery kindles brand-new energy, courage, commitment and gratitude for the opportunity for mastery. It has been said our greatest difficulty is our very best treasure, in disguise. I've attacked myself so much for having OCD. Nevertheless, in this reserve, the authors provide the tools and mindset to transform this challenge of OCD right into a journey of bravery, courage, strength, compassion and healing. I feel a book such as this is needed since it helps you deal with the other problems of guilt, and low self esteem that may come with mental disorders. Loved the style and humor in this reserve. I applied some of the breathing techniques when I acquired some triggers and as my focus transformed to my breathing my tension was reduced. Psych Edition Part 1: Mindfulness and Personal Compassion for OCD · Mindfulness · Self Compassion Part Two: The Daily Joyful Toolbox · Everyday ways to strengthen your mindfulness and Personal Compassion skills · ERP games for OCD Part 3: · Owning your OCD · Relapse avoidance · The OCD Ecosystem References The mindfulness workbook was amazing. While I've a few favorites that I tell clients to help them better understand their disorders & I love the compassion section as well. It spells out the mindset needed to live joyfully with OCD. It is not an overnight transformation, but one of gentle mindfulness, commitment to the various tools provided, a knowledge and acceptance of the disorder, and the willingness to choose self-compassion instead of self-attack. I know I've the various tools now to like myself and stand up to my OCD. I have felt like a victim of OCD for so long. these 2 authors are actually the top OCD experts who'll coach you in very simple terms ways to stay one step before your OCD. This book has practical tips to help ocd sufferers from this terrible disease. For me when understanding how to meditate it was always more beneficial to have an actual voice recording or

live person to greatly help guide me and offer gentle reminders.. Possess chronic OCD . This book provides practical tips to help ocd sufferers out of this terrible disease. Have been using these pointers and possess helped me a whole lot. I'm sure that these two will expand as I continue practicing the tools. You'll find out about the world of mindfulness, and how surviving in today's moment non-judgmentally is so important when you have OCD. You'll also explore the concept of self-compassion—what it really is, what it isn't, how exactly to use it, and why people with OCD reap the benefits of it. how to help manage them, Jon Hershfield's books are among my most favorite. For me, for a long time, I have been struggling through every day, just surviving. One of the best reserve on OCD I have read. avid reader, I've go through the majority of the books on OCD that have been released by various specialists in the field. I've severe, pure-obsessional OCD where my thoughts bother me pretty much where I proceed. From the opening words, this book feels like it is written by two different people who find out what it is prefer to live with this very, possibly disabling condition. And the insights about how OCD works ring most evident. I think it does a very good work of helping the patient try reestablish their romantic relationship, daily, thought by thought, with their OCD to reduce the power it has over us. For those coping with mental disorders personal compassion can be overlooked even when seeking therapy. This book is fantastic, I've read it twice now. Highly recommended. Great reserve with useful equipment. This book is portable and very much worth looking into. Very helpful with giving you tools to help manage your OCD Disappointing compared to his other books. The reason my wife bought this book is basically because the author's other books are excellent. This one she says doesn't have as much advice as his others so she was quite disappointed. Very Helpful for OCD Sufferers As a person who is suffering from OCD, this book is VERY helpful and I am working on applying everything that the book mentions into my own life. Hands down among the best books on dealing with OCD that I've came across, therefore when I saw this little publication by Jon I jumped to get it. I also really loved the design of the book, it is very uplifting and encouraging! Have already been using these guidelines and also have . The daily exercises mentioned are just amazing. CBT which are necessary to successfully use OCD. So many practical equipment are pointed out such as personal compassion and I must say i applaud Jon for composing this book, among the best OCD books out there and I highly recommend it! Obviously the authors are OCD experts who describe OCD in a way that we can connect with. Hope and optimism prevail. This is an exceptionally well crafted book by Jon and Shala and an instant read. This is a guide for living "joyfully" with OCD written FOR people with OCD BY people who have OCD. OCD can be Managed and mitigated. I've used some treatment tools in the past, and also have had relative achievement with them. I will utilize this reserve as a-source and review as needed. Thank you both. The is expect OCD in mindfulness. Love this book! Has been ideal for clients I use and a friend! As an extremely well-read OCD therapist, this is the first publication I'd suggest for anyone who has or is treating OCD/Anxiety. As an OCD/Anxiety therapist & Words and phrases of Wisdom by Authors who all KNOW VERY WELL WHAT Severe OCD FEELS AS THOUGH This is a truly fantastic self-help book for folks with severe Obsessive Compulsive Disorder (OCD). I was not flourishing. Finally, you'll discover daily games, ideas, and tips for outsmarting your OCD, meditations and mindfulness exercises, and far, much moreot. I could recommend his composing to all or any my clients without needing to provide any caveats about how exactly he explains something v. how I'd explain it. He will an outstanding job combining all the elements of ERP, Work & Also, the size is fantastic as you could just slide it to their bag. Don't allow the name fool you - this small book is about much more than simply Mindfulness! Since reading the publication I've been working quite definitely on my personal compassion which has transformed my perspective when an intrusive thought comes my method. I find this an especially useful fact when

attempting to encourage clients to learn it. It is easy to understand also to apply the methods help with. And that "joyful" component is also something that helps this book stand aside from others. Five Stars Great readable book. A lovely trifecta of mindfulness, self compassion and ERP to help combat OCD! This is an excellent read for OCD sufferers and their families, providing very helpful strategies around mindfulness, self-compassion and ERP and how they can all work together when OCD rears its ugly head. It's a little publication which helped me to transport it around in my own handbag and browse it when exploring on public transport. I must say i enjoyed the merging of mindfulness and ERP together in that they don't need to be seen as individual entities in recovery, making the prospect to do ERP seem gentler rather than as terrifying as it would without the mindful component. It's lovely to see a reserve on OCD which includes such a concentrate on personal compassion as OCD victims tend to take part in so much personal loathing, low self esteem, guilt and shame as a result of the condition. Why is this particular book a lot more powerful is that it's written not only by Jon but also by Shala Nicely - two OCD therapists who actually have OCD themselves. I could now step back again and realise that this is OCD and can become kinder to myself in externalising it instead of fusing with it within my identification or that I'm a "failure" on a tough day.



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