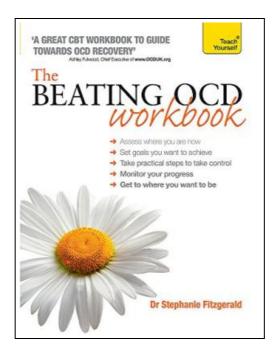
The Beating OCD Workbook: Teach Yourself (Paperback)



Filesize: 9.66 MB

Reviews

Very helpful for all category of men and women. It is rally fascinating throgh studying period. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Asia King)

THE BEATING OCD WORKBOOK: TEACH YOURSELF (PAPERBACK)



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Hodder Stoughton General Division, United Kingdom, 2014. Paperback. Condition: New. Workbook. Language: English. Brand New Book. Are you suffering from OCD?Do you want to learn techniques for overcoming destructive rituals or troubling thoughts?Would you like lasting strategies to help you stay free of OCD for good?This workbook provides an interactive course of CBT to tackle OCD. It doesn t just tell you how to feel better—by using diagnostic tests, practical exercises and thought challenges, it will show you how to feel better. The coverage includes all the forms and presentations of OCD, while the exercises and support throughout will give you a feeling of real progress. Helpful sections for relatives on how to help you best will all go towards preventing future relapses and help you to regain control of your life for good. A great CBT workbook to guide towards OCD recovery - Ashley Fulwood, Chief Executive of.



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