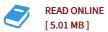




## An Introduction to Coping with Obsessive Compulsive Disorder

By Leonora Brosan

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Coping with Obsessive Compulsive Disorder, Leonora Brosan, Obsessive Compulsive Disorder (OCD) affects thousands of people in the UK and it can be effectively treated with Cognitive Behavioural Therapy. Written by an experienced practitioner, this introductory booklet explains what OCD is and how it makes you feel. It will help the reader to understand their symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. The book covers: The different forms of OCD, how it develops and what keeps it going. Case studies. The roles that your compulsions and thoughts play. Different kinds of treatment.



## Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.

-- Miss Vernie Schimmel

The book is easy in study easier to comprehend. I have study and that i am certain that i will gonna read once again once again in the foreseeable future. Your lifestyle span will likely be transform the instant you comprehensive reading this pdf.

-- Dr. Jaydon Mosciski