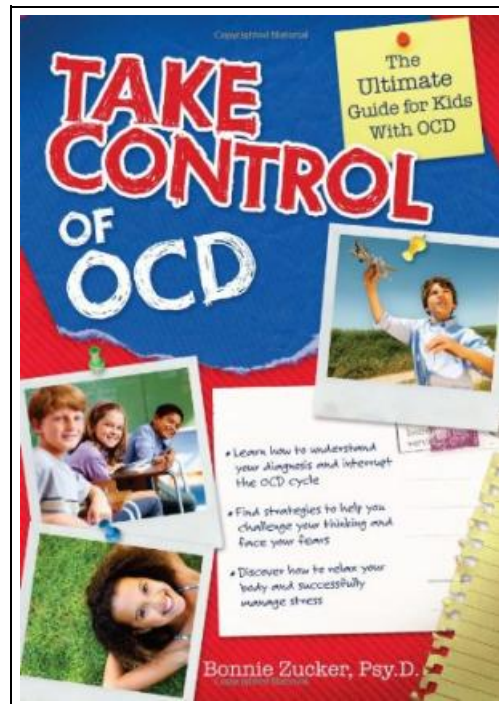


Take Control of OCD: The Ultimate Guide for Kids With OCD



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Reviews

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TAKE CONTROL OF OCD: THE ULTIMATE GUIDE FOR KIDS WITH OCD



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Prufrock Press. Paperback. Condition: New. 184 pages. Take Control of OCD: The Ultimate Guide for Kids With OCD is a unique guide just for kids ages 10-16 with obsessive compulsive disorder to help them take control of their disorder and find success in school and in life. Using a cognitive-behavioral therapy method to challenge obsessive thinking patterns and promote gradual exposure, the book takes kids step-by-step through a ladder-based process to conquer their fears and demolish their worries. Focusing on helping kids change their obsessive thoughts, tolerate uncertainty, develop positive self-talk and stress management, advocate for their needs in school, find successful relaxation procedures, and face their fears, the book includes workbook-style pages for kids to complete. Along with sharing the thoughts and worries of real-life kids with OCD, the author also provides tons of advice, information, and ideas perfect for kids and teens wanting to overcome OCD. This handy guidebook is sure to help children with OCD change their behaviors and conquer their worries, discovering a sense of accomplishment and achievement. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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