



Stop Obsessing!: How to Overcome Your Obsessions and Compulsions

By Edna B. Foa, Reid Wilson

Bantam Doubleday Dell Publishing Group Inc, United States, 2001. Paperback. Book Condition: New. Revised edition. 206 x 132 mm. Language: English . Brand New Book. Newly Revised and Updated! Are you tormented by extremely distressing thoughts or persistent worries? Compelled to wash your hands repeatedly? Driven to repeat or check certain numbers, words, or actions? If you or someone you love suffers from these symptoms, you may be one of the millions of Americans who suffer from some form of obsessive-compulsive disorder, or OCD. Once considered almost untreatable, OCD is now known to be a highly treatable disorder using behavior therapy. In this newly revised edition of Stop Obsessing! Drs. Foa and Wilson, internationally renowned authorities on the treatment of anxiety disorders, share their scientifically based and clinically proven self-help program that has already allowed thousands of men and women with OCD to enjoy a life free from excessive worries and rituals. You will discover: Step-by-step programs for both mild and severe cases of OCD The most effective ways to help you let go of your obsessions and gain control over your compulsions New charts and fill-in guides to track progress and make exercises easier Questionnaires for self-evaluation and in-depth...



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