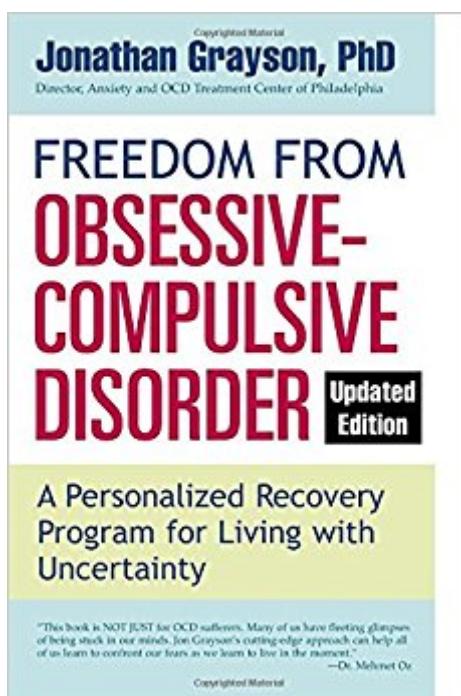


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# Freedom From Obsessive Compulsive Disorder: A Personalized Recovery Program For Living With Uncertainty, Updated Edition



## Synopsis

Nearly six million Americans suffer from the symptoms of obsessive-compulsive disorder, which can manifest itself in many ways: paralyzing fear of contamination; unmanageable "checking" rituals; excessive concern with order, symmetry, and counting; and others. *Freedom from Obsessive-Compulsive Disorder* provides Dr. Jonathan Grayson's revolutionary and compassionate program for finally breaking the cycle of overwhelming fear and endless rituals, including:

- Self-assessment tests that guide readers in identifying their specific type of OCD and help track their progress in treatment
- Case studies from Dr. Grayson's revolutionary and profoundly successful treatment program
- Blueprints for programs tailored to particular manifestations of OCD
- Previously unexplored manifestations of OCD such as obsessive staring, Relationship OCD (R-OCD), obsessive intolerance of environmental sounds and chewing sounds
- Therapy scripts to help individuals develop their own therapeutic voice, to motivate themselves to succeed
- New therapies used in conjunction with exposure techniques
- Trigger sheets for identifying and planning for obstacles that arise in treatment
- Information on building a support group
- And much more

Demystifying the process of OCD assessment and treatment, this indispensable book helps sufferers make sense of their own compulsions through frank, unflinching self-evaluation, and provides not only the knowledge of how to change but the courage to do it.

## Book Information

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## Customer Reviews

"This book is NOT JUST for OCD sufferers. Many of us have fleeting glimpses of being stuck in our

“minds. Jon Grayson’s cutting-edge approach can help all of us learn to confront our fears as we learn to live in the moment.” â ”Dr. Mehmet Oz”Dr. Grayson... writes about [OCD] with the mind of a scholar and the heart of a healer. Anyone who is plagued with chronic doubt, anxiety, and destructive rigid social behavior should read this book, and listen to what it says.” â ”Daniel Gottlieb, Ph.D., host of NPR’s Voices in the Family”Not just another self-help book, this is an actual course of interactive therapy that breaks the cycle of fears and ritual. Dr. Grayson’s uniquely empathetic and effective approach offers readers the understanding and motivation they need to get wellâ ”and stay well.”â ”Patricia B. Perkins, J.D., executive director, Obsessive-Compulsive Foundation

Jonathan B. Grayson, Ph.D.Â is a licensed psychologist (PSY26643), director of the Grayson Center and Adjunct Clinical Assistant Professor of Psychiatry & the Behavioral Sciences at theÂ University of Southern California where he lectures and supervises residents. Â Dr Grayson has been specializing in the treatment of obsessive compulsive disorder (OCD) for more than 35 years and is a nationally recognized expert and author ofÂ Freedom from Obsessive Compulsive Disorder: a Personalized Recovery Program for Living with Uncertainty, a self-help guide for sufferers.Â InÂ 2010, the International OCD Foundation awarded Dr. Grayson the Patty Perkins Lifetime Achievement Award for his devotion and contributions to the treatment of those with OCD. In October of 2010, the Association of Behavioral and Cognitive Therapies gave his book,Â Freedom from Obsessive Compulsive Disorder, the Self Help Book of Merit Award, recognizing his book as providing sufferers with the highest level of information about the best practices treatment for OCD. Dr. Grayson has presented workshops and written numerous articles and book chapters for both professional and lay audiences, including two manual/ videotape sets made for the International OCD Foundation (The GOAL Handbook: Running a Successful Support Group for OCD andÂ How to Recognize and Respond to Obsessive-Compulsive Disorder in School Age Children). His work and expertise has been featured in national media including,Â People Magazine,Â The Oprah Winfrey ShowÂ andÂ Nightline. He serves on both the Scientific Advisory Board and the Speakers Bureau of the International OCD Foundation. In 1981, along with Gayle Frankel (the former president of the Philadelphia Affiliate of the OC Foundation), he started the first support group in the country for OCD. In 2015, helped to form and donate his time to aÂ free GOAL support groupÂ in LA. Finally, he has the distinction of being the first and possibly the only professional to run a yearly OCD camping trip.

This book taught me more about OCD than anything I’ve read. Dr. Grayson gets to the core of the

disorder and touches all the bases in a way that many therapists don't. There really IS hope, although most people I've met don't believe it. I saw Dr. Grayson on Oprah--the show barely scratched the surface of what OCD is and what recovery can look like. I highly recommend this eye-opening, thorough book. Even if you don't think a chapter pertains to you, read it. You may be surprised at the information.

This is the best book on overcoming OCD I have read by far. It contains critical facts that I've not even seen mentioned in many other books, my interpretation is that Dr. Grayson has greater insight into OCD than many other practitioners. And that insight helps the reader have a greater chance of overcoming OCD.

Great book to accompany my OCD CBT therapy, as recommended by my psychologist. I found it very helpful and intellectual (but not overly so).

Lots of information covering the spectrum of OCD

This changed my life.

Buy it! In conjunction with the support of therapy, this will be a helpful tool in conquering OCD. It's not all boring theory- it's actually useful stuff for practical application and making a plan for yourself for treatment.

Very informative and encouraging. A must read for friends and family who can become a good support system.

A must buy and read if you have OCD...DR GRAYSON IS BRILLIANT

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