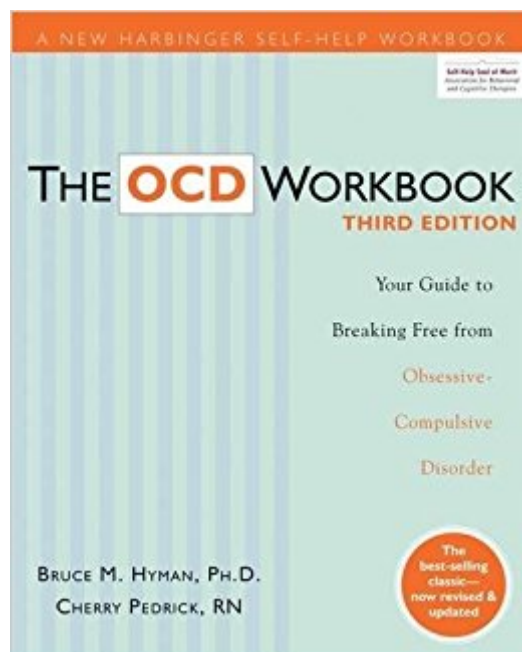


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# The OCD Workbook: Your Guide To Breaking Free From Obsessive-Compulsive Disorder (A New Harbinger Self-Help Workbook)



## Synopsis

If you have obsessive-compulsive disorder (OCD), chances are that your persistent obsessive thoughts and time-consuming compulsions keep you from enjoying life to the fullest. But when you are in the habit of avoiding the things you fear, the idea of facing them head-on can feel frightening and overwhelming. This book can help. The OCD Workbook has helped thousands of people with OCD break the bonds of troubling OCD symptoms and regain the hope of a productive life. Endorsed and used in hospitals and clinics the world over, this valuable resource is now fully revised and updated with the latest evidence-based approaches to understanding and managing OCD. It offers day-to-day coping strategies you can start using right away, along with proven-effective self-help techniques that can help you maintain your progress. The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder. Whether you suffer with OCD or a related disorder, such as body dysmorphic disorder or trichotillomania, let this new edition of The OCD Workbook be your guide on the path to recovery. This new edition will help you: use self-assessment tools to identify your symptoms and their severity; create and implement a recovery strategy using cognitive behavioral self-help tools and techniques; learn about the most effective medications and medical treatments; find the right professional help and access needed support for your recovery; and maintain your progress and prevent future relapse.

## Book Information

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## Customer Reviews

• "This book is exceptional in that it has practical benefits for both obsessive-compulsive disorder (OCD) sufferers and for clinicians. For sufferers, it serves as a self-help treatment guide for understanding the disorder and using proven treatment techniques to bring about symptom reduction. For clinicians, it serves as a treatment manual that can assist in making the initial diagnosis, identifying the particular OCD subtype, and developing a successful treatment plan."

• "Paul R. Munford, Ph.D., director of the intensive outpatient treatment program at the Cognitive Behavior Therapy Center for OCD and Anxiety in San Rafael, CA, author of *Overcoming Compulsive Washing*"

• "A wealth of information and real help for people with OCD and their families! The OCD Workbook is a great resource that is practical and easy to understand, with the latest updates and effective step-by-step strategies."

• "Aureen Pinto Wagner, Ph.D., author of *Up and Down the Worry Hill: A Children's Book About OCD*, *What to Do When Your Child Has OCD*, and *Treatment of OCD in Children and Adolescents*"

• "While there are many self-help books for OCD sufferers, there are few that are of the same caliber, in terms of completeness and usefulness, as Hyman and Pedrick's *The OCD Workbook*. This is a first-rate resource for those seeking to recover their lives from this torturous disorder."

• "Fred Penzel, Ph.D., licensed psychologist and executive director of Western Suffolk Psychological Services in Huntington, NY, and author of *Obsessive-Compulsive Disorders*"

• "Bruce Hyman and Cherry Pedrick's updated and expanded version of their classic, *The OCD Workbook*, is one of the best self-help books on OCD. Many sections have been expanded and new ones added. Readers will find up-to-date information on their own particular OCD concerns and how to conquer them."

• "Bruce Mansbridge, Ph.D., author of *The Complete Idiot's Guide to Conquering Obsessive-Compulsive Behavior* and clinical assistant professor of psychology at the University of Texas, Austin" The third edition of *The OCD Workbook* expands on the already comprehensive second edition by adding new insights in areas including mindfulness meditation, responsibility modification techniques, and acceptance and commitment therapy. Here the reader finds the most comprehensive survey of cognitive behavioral treatment for OCD that is accessible to the layman. All is clearly written, easily grasped, and laid out in a very user-friendly manner. Every OCD sufferer should read this book!

• "Ian Osborn, MD, psychiatrist, assistant professor of psychiatry at the University of New Mexico Health Science Center, and author of *Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive-Compulsive Disorder*"

• "This book is an extremely helpful step-by-step guide to overcoming OCD. The authors are experienced in the treatment of this debilitating disorder and provide an easy formula for understanding and treating the symptoms of

OCD and some spectrum disorders, such as health anxiety and body dysmorphic disorder. It is a very thorough book explaining the need to engage in therapy and how to apply specific strategies for specific symptoms. Some helpful hints are also provided for family members. I strongly recommend the book for those combating OCD.

• "Fugen Neziroglu, Ph.D., board-certified behavior and cognitive therapist, director of the Bio-Behavioral Institute in Great Neck, NY, and author of *Body Dysmorphic Disorder* "This is an excellently organized, self-directed program to assist sufferers of OCD. The examples of cognitive behavioral treatment components for adults and children with OCD are very comprehensive. Parents and family will find support and assistance in breaking the patterns of enabling, and therapists will be able to implement behavioral assignments that will decrease OCD suffering.

• "Blanche Freund, adjunct professor of psychology and psychiatry at the University of Miami School of Medicine "There has long been a need for a workbook that puts concrete instructions for doing therapy directly into the hands of people with OCD and their families. Hyman and Pedrick have admirably filled that need in this book. The *OCD Workbook* provides critically important practical information on how to overcome a wide variety of OCD symptoms.

• "Jeffrey M. Schwartz, MD, research professor of psychology at the University of California, Los Angeles, and author of *Brain Lock* and *The Mind and the Brain* "This book offers a clear explanation of the modern treatment of OCD. I personally expect to recommend it to many of my OCD patients. It contains clear, step-by-step procedures for exposure and ritual prevention that are fundamental parts of what we know to be the most powerful treatment for OCD. In addition, I was pleased to find step-by-step procedures and examples of how to use cutting-edge cognitive techniques. The book offers clear suggestions for working with a variety of forms of OCD, including scrupulosity, hit and run, and hoarding problems. This book should be helpful to people who need to do self-directed treatment as well as to therapists who can use the examples and steps to treat OCD effectively.

• "James M. Claiborn, Ph.D., ABPP, psychologist and member of the Scientific Advisory Board of the Obsessive-Compulsive Foundation "More than just a workbook, this work by Hyman and Pedrick defines and demystifies obsessive-compulsive disorder. In addition, it offers therapists and patients a highly specific and useful treatment program. The *OCD Workbook* should be an important addition to your collection of OCD treatment literature.

• "Robert H. Ackerman, MSW, clinical assistant professor in the Department of Psychiatry at the State University of New York, Health Science Center at Brooklyn

The *OCD Workbook*, Third Edition offers the latest findings on the causes and most effective treatments for obsessive-compulsive disorder (OCD). It includes helpful information on medications

and shows readers how they can calm their impulses through techniques drawn from acceptance and commitment therapy and cognitive behavioral therapy.

Good easy to understand information for my OCD patient, most of assignments are also helpful.

Great item!!

I have OCD with several themes, and this book has really helped me use mindfulness techniques during my OCD episodes. It has helped me to work through my obsessive thoughts and lessen my compulsions.

eye opener was recommended to read the first section the talks about how OCD works and how to diagnose it the second part talks about DPT & the third part talks about ACT

Useful and informative.

As an OCD sufferer it helps to read a book that is informative and, most importantly, sensitive and relatable. I found the background information about OCD and the different types very helpful and comforting. I am still trying to force myself to do some of the most challenging ERP strategies. The quick "on-the-go" strategies have been helpful. This book, along with other OCD books, have really helped me start the process of getting my OCD in check. The workbook especially does a great job at identifying each specific type of OCD and reaching out compassionately to the reader/OCD sufferer.

I believe this is helping me. It's very informative.

This is what our OCD support group recommended. Good for friends and family too. This can be a really devastating mental illness. Professional help is needed, find a support group to get started, it works.

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Happy Book 1) Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder Hoarding Self Help: How to Overcome Compulsive Hoarding Disorder for Life (Hoarders, OCD, Treatment) Tictionary: A Reference Guide to the World of Tourette Syndrome, Asperger Syndrome, Attention Deficit Hyperactivity Disorder and Obsessive Compulsive Disorder for Parents and Professionals The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Disorders or Gifts?: My Journey through life managing Tourette Syndrome, Obsessive Compulsive Disorder, and Attention Deficit Disorder The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook) The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life (New Harbinger Self-Help Workbook) Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook) The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder Children With Obsessive-Compulsive Disorder (Child Psychology Book 5)

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