



Getting Over OCD

By Jonathan S Abramowitz

Taylor & Francis Jun 2009, 2009. Taschenbuch. Condition: Neu. Neuware - Obsessive-compulsive disorder (OCD) is one of the top five mental health complaints today. Unwanted, repetitive thoughts and actions disrupt millions of lives and cause tremendous suffering and distress. But OCD 'can' be beat--and there's no more trusted authority than Dr. Jonathan Abramowitz to show how. Structured to mirror the steps of cognitive-behavioral therapy, the most effective treatment for the disorder, this engaging workbook is packed with self-assessment and planning tools; carefully sequenced exercises; and informative examples that sufferers will relate to. By learning specific strategies for changing the thoughts, feelings, and behaviors that keep OCD alive, readers grappling with any type of obsessions and compulsions can find significant, lasting relief. Englisch.

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