

Obsessive Compulsive Disorder For Dummies

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Obsessive Compulsive Disorder For Dummies

Defining Obsessive-Compulsive Disorder, or OCD People with OCD (obsessive-compulsive disorder) have recurring obsessions — intrusive thoughts, images, or urges that are disturbing and cause distress. OCD sufferers also have compulsions — actions or words they use to reduce the distress brought on by their obsessive worries.

Obsessive-Compulsive Disorder For Dummies Cheat Sheet ...

Arguably one of the most complex emotional disorders, Obsessive Compulsive Disorder is surprisingly common. Furthermore, most people at some time in their lives exhibit a smattering of OCD-like symptoms.

Obsessive Compulsive Disorder For Dummies sorts out the otherwise curious and confusing world of obsessive compulsive disorder. Engaging and comprehensive, it explains the causes of OCD and describes the rainbow of OCD symptoms.

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Defining Obsessive-Compulsive Disorder, or OCD - dummies

Part of Obsessive-Compulsive Disorder For Dummies Cheat Sheet OCD (obsessive-compulsive disorder) can be categorized in quite a few ways, and no clear consensus exists among professionals. However, the following list shows some of the most common forms that this strange disorder takes:

The Many Forms of OCD - dummies

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Part of Obsessive-Compulsive Disorder For Dummies Cheat Sheet If you live with OCD (obsessive-compulsive disorder), you may feel frustrated, isolated, and just plain strange. Keep the following facts in mind, or on a card to carry with you, as you go about your daily life:

Tips for Living with OCD - dummies

Obsessive-compulsive disorder (OCD) features a pattern of unwanted thoughts and fears (obsessions) that lead you to do repetitive behaviors (compulsions). These obsessions and compulsions interfere with daily activities and cause significant distress. You may try to ignore or stop your obsessions, but that only increases your distress and anxiety.

Obsessive-compulsive disorder (OCD) - Symptoms and causes ...

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 ...

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The book OCD for Dummies is instructive and informative. It stays close to empirically validated treatment strategies. Anyone who reads this book will find themselves more empowered with knowledge about OCD and have numerous useful tools to reduce their OCD symptoms. It is a good resource to have in any OCD information library.

Book Review: Obsessive Compulsive Disorder for Dummies, by ...

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Obsessive Compulsive Disorder For Dummies by Charles H ...

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Obsessive-Compulsive Disorder For Dummies by Charles H ...

Many with OCD don't realize the un-invited thoughts in their minds and the compulsive behaviors they have doing...might be eliminated and remove a lot of trauma and wasted time from their lives. Because of their OCD, victims may have encountered rude, mean people who treated them like they were crazy.

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