

Overcoming Obsessive Thoughts How To Gain Control Of Your Ocd

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 understanding of your symptoms
- Expert guidance for finding the best professional help
- The latest information about medications prescribed for OCD

If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. And while OCD can have a devastating impact on your life, getting real help can be a challenge. Combining mindfulness practices with cognitive-behavioral therapy (CBT), The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts. This fully revised and updated second edition also includes new meditations, information, and chapters on emotional and mental contamination, existential obsessions, false memories, and more. If you're ready to take back your life back from OCD—and start living with more joy in the moment—this workbook has everything you need to get started right away.

A compassionate guide to help you manage OCD symptoms, overcome feelings of shame and stigma, and revitalize your life! If you're one of millions who suffer from obsessive-compulsive disorder (OCD), you're all-too-familiar with feelings of anxiety, panic, shame, and uncertainty. In addition, the stigma associated with OCD can make you feel unworthy of receiving the compassion and kindness you need and deserve. You may even experience unwanted intrusive thoughts that result in harsh self-judgment—which can actually hinder your recovery and lead to additional mental health problems. So, how can you break this destructive cycle and start feeling better? The Self-Compassion Workbook for OCD outlines a step-by-step program to help you understand the emotional experience of OCD, and develop the tools you need to manage your disorder and build a better life. Drawing on a powerful combination of cognitive behavioral therapy (CBT), exposure and response prevention (ERP), and compassion-focused therapy (CFT), this breakthrough guide will teach you how to balance intense emotions, lean into your fear, and focus on recovery. Over time, you'll learn to replace self-judgment with kindness and self-compassion, so you can stop suffering and start thriving. Living with OCD can be extremely challenging, but it doesn't have to rob you of your self-worth. You are so much more than your disorder! Let this book be your guide to discovering, supporting, and loving the best you that you can be.

Obsessive-compulsive disorder (OCD) is a relentless condition, the primary symptom being the occurrence of terrifying ideas, images, and urges that jump into a person's mind and return again and again, despite the individual's attempt to remove them. Christians who suffer from OCD may grapple with additional guilt, as the undesired thoughts are frequently of a spiritual nature. Yet people may be surprised to learn that some of the greatest leaders in Christian history also struggled with this malady. What did they experience? How did they cope? Were they able to overcome these tormenting, often violent, obsessions? Where did God fit into the picture? Ian Osborn shares the personal accounts of Martin Luther, John Bunyan, and Saint Thérèse of Lisieux, as well as his own story, in exploring how faith and science work together to address this complex issue.

Everyday Mindfulness for OCD

A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy

Overcoming OCD and Finding Myself

Why You Save and How You Can Stop

A Books on Prescription Title

Overcoming Your Obsessions and Compulsions

Mindfulness and CBT Tools for Coping with Unwanted Violent Thoughts

The Self-Compassion Workbook for OCD

If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. Despite the fact that OCD can have a devastating impact on a person's life, getting real help can be a challenge. If you have tried medications without success, it might be time to explore further treatment options. You should know that mindfulness-based approaches have been proven-effective in treating OCD and anxiety disorders. They involve developing an awareness and acceptance of the unwanted thoughts, feelings, and urges that are at the heart of OCD. Combining mindfulness practices with cognitive behavioral therapy (CBT), The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts.

This third book in a series on obsessive-compulsive disorder helps people who wash compulsively overcome their fear of contaminating others or being contaminated by dirt, germs, or poisons.

Although the much-satirized image of a house overflowing with National Geographics and infested with cats may make us chuckle, the reality of compulsive hoarding is no laughing matter. The most common reason for evictions in the US and a significant risk factor for fatal house fires, compulsive hoarding is a treatable condition related to obsessive-compulsive disorder. It is characterized by the acquisition of possessions that have little or no value, which the sufferer, often referred to as the saver, has great difficulty discarding. This book, the first ever written for savers and their families, provides an overview of compulsive hoarding and how it relates to obsessive-compulsive disorder. It discusses hoarding broadly, offering readers perspectives on the physical, behavioral, and value-oriented aspects of the condition. You can use its assessment tools to help decide why you or your loved one hoards. Skill-building exercises help you determine how to beat the hoarding problem by addressing issues that often underlie compulsive saving. Even though this is fundamentally a self-help book, it contains a frank discussion about the need for professional help in some hoarding cases, how to find it, and what medications have been proven effective for savers.

If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In The Mindful Way through Depression, four uniquely qualified experts explain why our usual attempts to "think" our way out of a bad mood or just "snap out of it" lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience. This enhanced e-book includes an audio program of guided meditations narrated by Jon Kabat-Zinn. See also the authors' Mindful Way Workbook, which provides step-by-step guidance for building your mindfulness practice in 8 weeks. Plus, mental health professionals, see also the authors' bestselling therapy guide: Mindfulness-Based Cognitive Therapy for Depression, Second Edition. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

An Introduction to Coping with Obsessive Compulsive Disorder

Overcoming Compulsive Hoarding

A Kid's Guide to Overcoming OCD

A self-help guide using scientifically supported cognitive behavioural techniques

The Brain That Changes Itself

Freeing Your Child from Obsessive-Compulsive Disorder

Jesus and Ocd

How to Overcome Your Obsessions and Compulsions

Change your life with the very latest in CBT Obsessive Compulsive Disorder (OCD) is a condition that affects millions of people worldwide, afflicting its sufferers with obsessive thoughts and fears, and enslaving them to compulsive behaviours with which they strive to cope. Cognitive Behavioural Therapy has been clinically proven to be one of the most effective therapeutic treatments for OCD sufferers, and here clinical psychologist Jan van Niekerk draws on the latest research to offer a practical, stepby- step approach to coping with the condition. This positive self-help guide helps readers understand OCD and the various treatment options available to them, and uses real-life examples, easy-to-use tools, and practical strategies to enable them to reclaim their lives. The Coping With Series Other titles in this highly regarded series of accessible guides for sufferers of common mental disorders address fears and phobias, anxiety and depression in children, bipolar disorder, and schizophrenia.

Don't let your thoughts and fears define you. In Overcoming Harm OCD, psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help you break free from the pain and self-doubt caused by harm OCD. Do you suffer from violent, unwanted thoughts and a crippling fear of harming others? Are you afraid to seek treatment for fear of being judged? If so, you may have harm OCD—an anxiety disorder associated with obsessive-compulsive disorder (OCD). First and foremost, you need to know that these thoughts do not define you as a human being. But they can cause a lot of real emotional pain. So, how can you overcome harm OCD and start living a better life? Written by an expert in treating harm OCD, this much-needed book offers a direct and comprehensive explanation of what harm OCD is and how to manage it. You'll learn why you have unwanted thoughts, how to identify mental compulsions, and find an overview of cognitive-behavioral and mindfulness-based treatment approaches that can help you reclaim your life. You'll also find tips for disclosing violent obsessions, finding adequate professional help, and working with loved ones to address harm OCD systemically. And finally, you'll learn that your thoughts are just thoughts, and that they don't make you a bad person. If you have harm OCD, it's time to move past the stigma and start focusing on solutions. This evidence-based guide will help light the way.

A leading expert on Obsessive Compulsive Disorder explores the hidden epidemic that afflicts millions of Americans. In the first book to fully examine obsessive bad thoughts, Dr. Lee Baer combines the latest research with his own extensive experience in treating this widespread syndrome. Drawing on information ranging from new advances in brain technology to pervasive social taboos, Dr. Baer explores the root causes of bad thoughts, why they can spiral out of control, and how to recognize the crucial difference between harmless and dangerous bad thoughts. An illuminating and accessible guide to the kinds of thoughts that create extreme fear, guilt, and worry, The Imp of the Mind provides concrete solutions to a tormenting and debilitating disorder. Including special sections on the prescription medications that have proven effective, it is "a beautifully written book that can be a great help to people who want to know what to do about obsessions" (Isaac Marks, M.D., author of Living with Fear: Understanding and Coping with Anxiety).

How to break the vicious circle of "never good enough" Perfectionism can be healthy but when it becomes unhealthy and turns into "clinical perfectionism" (sometimes referred to as 'dysfunctional perfectionism') is can cause serious problems. It is associated with different mental health problems, including depression, anxiety, eating disorders and chronic fatigue syndrome. Those suffering from clinical perfectionism tend to judge themselves predominantly in terms of the pursuit and attainment of personally demanding standards and often feel unable to be flexible and change their goals, despite the significant negative impact that the pursuit of perfectionism may have on their quality of life. Includes: - Description of Clinical Perfectionism - Clinical Perfectionism and depression, anxiety, eating disorders, chronic fatigue - Identifying the problem and monitoring - Overcoming perfectionism - step-by-step self-help course based on CBT principles - Avoiding relapse - Case studies - Other treatments - an overview

Free Your Mind from OCD

Overcoming Obsessive Thoughts

Overcoming Perfectionism

Your Guide to Breaking Free from Obsessive-Compulsive Disorder

A Cbt-based Guide to Getting Over Frightening, Obsessive, Or Disturbing Thoughts

The Secret Life of Fat: The Science Behind the Body's Least Understood Organ and What It Means for You

The Imp of the Mind

How to Gain Control of Your OCD

Don't let OCD symptoms stand in the way of living your life! If you're a teen with obsessive-compulsive disorder (OCD), you may have intense, unwanted thoughts and behaviors that interfere with school, your social life, and just having fun. The good news is there are ways you can minimize these thoughts and behaviors, so you can get back to being a teen. This workbook will show you how! In The OCD Workbook for Teens, therapist and OCD expert Jon Hershfield offers proven-effective mindfulness and cognitive behavioral therapy (CBT) skills to help you deal with your worst OCD symptoms. You'll learn how to stay present in the moment, manage obsessive thoughts, make peace with uncertainty, and live your life joyfully—without being slowed down by compulsions. This isn't just a workbook to help you survive OCD. It's a workbook to help you thrive—in all aspects of life.

An OCD specialist offers the first CBT book to specifically address compulsive checkers, helping to eliminate or reduce obsessions of performing actions incorrectly, misspeaking, misswriting, or facing criticism or punishment for being at fault for fires, break-ins, flooding, or injury to others. Readers will be able to begin training their brains to stop obsessing by learning to embrace their fears and experiment with exposure to their fears. The final chapters deal with trouble shooting particularly difficult situations and educating family members in supporting and helping the person to overcome their OCD.

If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions. In her landmark book, Freeing Your Child from Obsessive-Compulsive Disorder, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD -- the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis. Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things "just right," intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites. Filled with Dr. Chansky's compassionate advice and inspiring words from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.

You are not your thoughts! In this powerful book, two anxiety experts offer proven-effective cognitive behavioral therapy (CBT) skills to help you get unstuck from disturbing thoughts, overcome the shame these thoughts can bring, and reduce your anxiety. If you suffer from unwanted, intrusive, frightening, or even disturbing thoughts, you might worry about what these thoughts mean about you. Thoughts can seem like messages—are they trying to tell you something? But the truth is that they are just thoughts, and don't necessarily mean anything. Sane and good people have them. If you are someone who is plagued by thoughts you don't want—thoughts that scare you, or thoughts you can't tell anyone about—this book may change your life. In this compassionate guide, you'll discover the different kinds of disturbing thoughts, myths that surround your thoughts, and how your brain has a tendency to get “stuck” in a cycle of unwanted rumination. You'll also learn why common techniques to get rid of these thoughts can backfire. And finally, you'll learn powerful cognitive behavioral skills to help you cope with and move beyond your thoughts, so you can focus on living the life you want. Your thoughts will still occur, but you will be better able to cope with them—without dread, guilt, or shame. If you have unwanted thoughts, you should remember that you aren't alone. In fact, there are millions of people just like you—good people who have awful thoughts, gentle people with violent thoughts, and sane people with “crazy” thoughts. This book will show you how to move past your thoughts so you can reclaim your life! This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation—an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

A Powerful, Practical Program for Parents of Children and Adolescents

Getting Control

The OCD Workbook for Teens

The Mindful Way through Depression

Key Concepts, Insights, and Interventions

A Personalized Recovery Program for Living with Uncertainty, Updated Edition

Freeing Yourself from Chronic Unhappiness

A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts

Are you plagued by obsessive thoughts, rituals or routines? Would you like to regain control over your behaviour and cast your fears aside? Whether you are compelled to wash your hands more and more thoroughly or feel the need to keep checking that you've turned off appliances, obsessive worries can be a drain on daily life. However, you don't need to suffer any more. This practical guide, written by three leading cognitive behavioural therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for friends and family of OCD sufferers. Whether your condition is mild or severe, this definitive resource will help you reclaim your life and keep OCD away for good.

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.

Fully updated edition of the bestselling self-help book, now recommended on the national Books on Prescription scheme. This ever-popular guide offers a self-help programme, written by one of the UK’s leading authorities on anxiety and based on CBT, for those suffering from anxiety problems. A whole range of anxieties and fears are explained, from panic attacks and phobias to obsessive compulsive disorder (OCD) and generalised anxiety. It includes an introduction to the nature of anxiety and stress and a complete self-help programme with monitoring sheets based on Cognitive Behavioural Therapy. The following websites may offer useful further information on anxiety disorders: www.social-anxiety.org.uk www.stress.org.uk www.triumphoverphobia.com

OCD, or Obsessive Compulsive Disorder, is a common and difficult condition characterised by intrusive and uneasy thoughts which produce worry and the compulsive desire to carry out repetitive behaviours aimed at reducing anxiety. OCD symptoms can range from mild to severe, and can really impact upon our mental health and ability to enjoy life. Recovery from OCD is possible, however. By picking this book up you’ve taken the first stride. Now, using the STEP system - a structured, CBT-based approach that delivers both support and proven techniques for defeating obsessive thoughts - you can begin to transform your daily life. Written by an expert author with many years of clinical experience, this book will help you get a better understanding of your OCD, take practical steps to eliminate obsessive and anxious thoughts and progress to a healthier, happier outlook - without fear of setbacks or relapse.

Rewire Your OCD Brain

Heal Me Or Kill Me

Can Christianity Cure Obsessive-Compulsive Disorder?

Lean into Your Fear, Manage Difficult Emotions, and Focus On Recovery

Stories of Personal Triumph from the Frontiers of Brain Science

Tips, Tricks, and Skills for Living Joyfully

My Road to Freedom from OCD

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.

“The most empowering OCD book I have ever read.” —Reid Wilson, PhD, author of *Stopping the Noise in Your Head* Don’t just survive—thrive. In *Everyday Mindfulness for OCD*, two experts in obsessive-compulsive disorder (OCD) offer a blend of mindfulness, humor, and self-compassion to help you stop dwelling on what’s wrong and start enhancing what’s right—leading to a more joyful life. If you’ve been diagnosed with OCD, you already understand how your obsessive thoughts, compulsive behavior, and need for rituals can interfere with everyday life. Maybe you’ve already undergone therapy or are in the midst of working with a therapist. It’s important for you to know that life doesn’t end with an OCD diagnosis. In fact, it’s possible to not only live with the disorder, but also live joyfully. This practical and accessible guide will show you how. In *Everyday Mindfulness for OCD*, you’ll discover how you can stay one step ahead of your OCD. You’ll learn about the world of mindfulness, and how living in the present moment non-judgmentally is so important when you have OCD. You’ll also explore the concept of self-compassion—what it is, what it isn’t, how to use it, and why people with OCD benefit from it. Finally, you’ll discover daily games, tips, and tricks for outsmarting your OCD, meditations and mindfulness exercises, and much, much more. Living with OCD is challenging—but it doesn’t have to define you. If you’re tired of focusing on how “hard” living with OCD is and are looking for fun ways to make the most of your unique self, this book will be a breath of fresh air.

Thoroughly revised and updated—the go-to book for OCD sufferers who want to master their fears and take charge of their lives The first comprehensive guide to treating obsessive compulsive disorder based on clinically proven behavioral therapy techniques, Dr. Lee Baer’s *Getting Control* has been providing OCD sufferers with information and relief for more than twenty years. In the same easy-to-understand format as the original, this updated edition includes: • Cutting-edge behavioral therapy techniques • Breakthrough advances in neuroscience • Brand new material on hoarding • Expanded sections on how families can help OCD sufferers • The latest diagnostic standards as outlined by the American Psychiatric Association • A completely revised list of resources OCD sufferers and their loved ones will find everything they need to assess their symptoms, set realistic goals, and create specific therapeutic exercises for managing this disorder.

What Every Therapist Needs to Know About Anxiety Disorders is an integrated and practical approach to treating anxiety disorders for general psychotherapists. What is new and exciting is its focus on changing a patient’s relationship to anxiety in order to enable enduring recovery rather than merely offering a menu of techniques for controlling symptoms. Neither a CBT manual nor an academic text nor a self-help book, *What Every Therapist Needs to Know About Anxiety Disorders* offers page after page of key insights into ways to help patients suffering from phobias, panic attacks, unwanted intrusive thoughts, compulsions and worries. The authors offer a rich array of therapist-patient vignettes, case examples, stories, and metaphors that will complement the work of trainees and experienced clinicians of every orientation. Readers will come away from the book with a new framework for understanding some of the most frustrating clinical challenges in anxiety disorders, including “reassurance junkies,” endless obsessional loops, and the paradoxical effects of effort.

Break Free from OCD

Mindfulness and CBT Skills to Help You Overcome Unwanted Thoughts and Compulsions

Skills to Overcome the Unwanted Intrusive Thoughts that Drive Anxiety, Obsessions, and Depression

Overcoming Obsessive Compulsive Disorder with CBT

The OCD Workbook

Overcoming Harm OCD

A Psychiatrist Explores the Role of Faith in Treatment

A Christian Workbook for Overcoming Obsessive Compulsive Disorder

Have obsessions and compulsions paralyzed your life? Does it seem like your battle with obsessive compulsive disorder is leading you in circles with no way out? You can learn from the Israelites in the Old Testament who were fearful to enter the promised land and two men who were different. Joshua and Caleb stood out in the crowd due to the faith they exhibited. Both inherited what God had promised. By having faith, you can walk in their footsteps and inherit your promised land—one in which OCD does not rule your life. Charles Thompson, who suffers from OCD himself, provides tools to boost your faith through prayer, Bible study, spiritual warfare, and devotionals while incorporating established medical methods. The workbook will help you confront OCD by looking at it through God’s eyes. You’ll find that anxiety and pressure can be relieved—and that God has a loving plan for you.

Fourth in this successful series, this book provides individuals who suffer from repetitive, unwanted thoughts, images or impulses with information and skills they can use to reduce their distress over and preoccupation with these thoughts.

In *Overcoming OCD and Finding Myself*, Eesa Khan gives a detailed explanation on how his OCD developed and affected his childhood, adolescence, and adulthood. The book also details the various therapies he undertook, as well as his own personal research that led to finding a cure for this mind-numbing disorder. Knowledge and understanding of OCD is a good starting point in the treatment of this often-misunderstood disorder. The last thing a sufferer of this anxiety disorder should do is forcefully try to stop the intrusive thoughts, as that would only fuel the anxiety, yet most sufferers do exactly that. Many parents need to realise that their children have very little control over their OCD. If you focus too much on the OCD, it may get worse. In most cases, it’s not helpful to encourage your child to try to stop the compulsions. Your child may be able hold back the rituals for a short while, but eventually they will come out. If I were to tell you to use your will power to not think of a red apple, you would find that quite difficult! It’s the same with this type of anxiety disorder. The book shows how the author developed the OCD to make sense of the world that he did not understand and after over twenty years of living with this disorder, how his dream of becoming normal became a reality. Obsessive Compulsive Disorder (OCD) affects thousands of people in the UK and it can be effectively treated with Cognitive Behavioural Therapy. Written by an experienced practitioner, this introductory booklet explains what OCD is and how it makes you feel. It will help the reader to understand their symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. The book covers: The different forms of OCD, how it develops and what keeps it going. Case studies. The roles that your compulsions and thoughts play. Different kinds of treatment.

Overcoming Compulsive Washing

How to Deal with OCD

What Every Therapist Needs to Know About Anxiety Disorders

Exploring the Silent Epidemic of Obsessive Bad Thoughts

The Overcoming OCD Workbook

A Step-by-Step Guide Using the Latest CBT Techniques

Overcoming Obsessive-Compulsive Disorder

The Anxious Thoughts Workbook

People who experience unwanted, intrusive, or frightening thoughts often suffer shamefully and struggle silently for fear of what the thoughts might mean about them. In this powerful book, two anxiety disorder experts offer powerful and proven-effective cognitive behavioral therapy (CBT) skills to help readers get unstuck from disturbing thoughts, overcome intense shame, and reduce anxiety."

Rewire the brain processes that cause obsessions and compulsions—and take back your life! If you ’ ve ever wondered why you seem to get trapped in an endless cycle of obsessive, compulsive thoughts, you don ’ t have to wonder anymore. Grounded in cutting-edge neuroscience and evidence-based cognitive behavioral therapy (CBT), *Rewire Your OCD Brain* will show you how and why your brain gets stuck in a loop of obsessive thinking, uncertainty, and worry; and offers the tools you need to short-circuit this response and get your symptoms under control—for good. Written by clinical psychologist Catherine Pittman and clinical neuropsychologist William Youngs, this groundbreaking book will show how neurological functions in your brain lead to obsessions, compulsions, and anxiety. You ’ ll also find tons of proven-effective coping strategies to help you manage your worst symptoms—including relaxation, exercise, healthy sleep habits, cognitive restructuring, cognitive defusion, distraction, and mindfulness. The brain is powerful, and the more you work to change the way you respond to obsessive thoughts, the more resilient you ’ ll become. If you ’ re ready to rewire the brain processes that lie at the root of your obsessive thoughts, this book has everything you need to get started today.

Describes what obsessive-compulsive disorder is and how it works, and teaches young readers techniques to reduce and overcome it through writing and drawing activities and self-help exercises and strategies.

A biochemist shows how we can finally control our fat—by understanding how it works. Fat is not just excess weight, but actually a dynamic, smart, and self-sustaining organ that influences everything from aging and immunity to mood and fertility. With cutting-edge research and riveting case studies—including the story of a girl who had no fat, and that of a young woman who couldn ’ t stop eating—Dr. Sylvia Tara reveals the surprising science behind our most misunderstood body part and its incredible ability to defend itself. Exploring the unexpected ways viruses, hormones, sleep, and genetics impact fat, Tara uncovers the true secret to losing weight: working with your fat, not against it.

OCD: Be Still and Know

Overcoming Anxiety

Freedom from Obsessive Compulsive Disorder

Overcoming Compulsive Checking

Overcoming OCD

Powerful Neuroscience-Based Skills to Break Free from Obsessive Thoughts and Fears

Stop Obsessing!

The Mindfulness Workbook for OCD

Are you looking to overcome a battle with OCD? Not sure how to begin? Then this is the perfect book for you! Living with OCD can be incredibly challenging, it affects even the simplest of tasks. The *Overcoming OCD Workbook* aims to provide you with everything you need to know and more about beginning a journey to overcome OCD. Caleb Walker has expertly crafted the ultimate guide to help you reclaim your life. It includes brilliant worksheets for you to personalize to work out the best plan for you. Whether you’re just beginning your journey or you want to try something new, this book will be the perfect companion to do so. You will learn: How to train your brain and the battle ahead The cause and effect Triggers and targets And so much more... So, what are you waiting for? Your next journey is right inside!

Are your thoughts getting in the way of living your life? Based in cutting-edge neuroscience and cognitive behavioral therapy (CBT), this important workbook will help you regain control from unwanted thoughts and get back to the things that matter. Do you have unwanted, disturbing, upsetting, or weird thoughts that you just can’t seem to shake? Violent or sexual thoughts that cause you to feel ashamed, anxious, or depressed? Maybe you think they mean something about you—and that thought scares you even more. While you may not be able to shut your thoughts off permanently, you can gain distance from them and improve your life. This step-by-step guide will show you how. In *The Anxious Thoughts Workbook*, renowned psychologist David A. Clark presents a targeted, transdiagnostic approach to help you move past unwanted mental intrusions. You’ll learn how to change the destructive patterns responsible for the persistence of anxious and depressive thinking, and strip these upsetting thoughts of their meaning—a process Clark refers to as “detoxing.” Finally, you’ll learn to manage the feelings of shame that can accompany these thoughts. Are you ready to move past your thoughts and start focusing on more important things? If so, the proven-effective techniques in this workbook will help you get started.

Offers advice on how to choose the most effective therapies and medications, and how to avoid relapses.

“Fascinating. Doidge’s book is a remarkable and hopeful portrait of the endless adaptability of the human brain.”—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge’s inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they’ve transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that wired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr.

Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Coping with Obsessive-Compulsive Disorder

A Complete Guide to Getting Well and Staying Well

A Complete Obsessive Compulsive Disorder Workbook for Adults, Teens, and Children to Treating Compulsions and Interfering Thoughts

A Journey to Recovery

What to Do when Your Brain Gets Stuck

Obsessive-compulsive Disorders

Overcoming Unwanted Intrusive Thoughts

Overcoming Obsessive ThoughtsHow to Gain Control of Your OCDNew Harbinger Publications

A Books on Prescription Title Break free from unhelpful rituals and take control of your life Are you plagued by a recurring thought or idea that just won’t go away? Perhaps you feel the need to wash your hands frequently, hoard things or repeatedly check that all appliances have been turned off before leaving home? These are common symptoms of obsessive compulsive disorder (or OCD), a condition that causes distress to hundreds of thousands of people. Cognitive Behavioural Therapy has been clinically proven to significantly reduce symptoms of OCD. Learn how to break free from the destructive cycle of obsessive behaviour and regain control of your life. Shows you how to reduce the distress caused by disturbing thoughts, images and urges Reduces and gradually helps you overcome compulsions Offers advice on how partners, relatives and friends can help.

At one point in my life, my struggle with Obsessive-Compulsive Disorder had brought me to a place of complete desperation and hopelessness. The common consensus among professionals is that this mental illness is something you must learn to cope with and manage, but that it will be with you your entire life. However, this is not the case with me. Thanks to God’s intervention, I now live totally free of this mental illness. This is my story.

Overcoming OCD: A Journey to Recovery is a mother’s account of her son’s tumultuous road to recovery from severe OCD. In addition to being a memoir, the book weaves expert commentary throughout, making it a useful guide for all those whose lives have been touched by OCD."