

Brain Lock Twentieth Anniversary Edition Free Yourself From Obsessive Compulsive Behavior

A fascinating read that explores the power of intrusive thoughts, how our brains can turn against us, and how obsessive compulsive disorder can affect an individual's life

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.

Obsessive Compulsive Disorder (OCD) can be a strong disorder and the tendencies pertaining to it can be challenging to manage, but if we learn to comprehend what it means, what the symptoms are, and what its main roots are, we will be better at handling the effects of it. Furthermore, symptoms can be treated and people who have it, can be cured. In this book, the author gives his audience some valuable insights as to how to do that. You will listen to: The most usual symptoms of Obsessive Compulsive Disorder. The explanation and description of OCD. Biological, mental, and environmental causes. More about treatments, medication, and solutions Brain science and neural background information about the disorder. Ways to handle those who show symptoms of OCD, whether they are kids or adults. And much more!

Psychiatrist & neuroscientist Schwartz -- a student of both Buddhist meditation & Christian philosophy -- combines 3,000 years of wisdom with brain & behavioral research to guide us in recovering our souls, our safety, our integrity & our capacity to love. A thought-provoking exchange of letters between spiritual coach Ó Schwartz & 16-year-old Patrick Buckley, the son of a single mother, frames this fascinating, powerful code for living that shows how the best in each of us can thrive. Spiritual & philosophical ideas become tools for dealing with real-life dilemmas as Patrick frames urgent questions about morality, responsibility, & freedom of choice.

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

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. 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.

Brain Lock, Twentieth Anniversary Edition Free Yourself from Obsessive-Compulsive Behavior Harper Perennial
"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.

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.

Written with the indelible power of *Girl, Interrupted*, *Brain on Fire*, and *Reasons to Stay Alive*, a lyrical, poignant memoir by a young woman about her childhood battle with debilitating obsessive compulsive disorder, and her hard-won journey to recovery. By the age of thirteen, Lily Bailey was convinced she was bad. She had killed someone with a thought, spread untold disease, and ogled the bodies of other children. Only by performing an exhausting series of secret routines could she make up for what she'd done. But no matter how intricate or repetitive, no act of penance was ever enough. Beautifully written and astonishingly intimate, *Because We Are Bad* recounts a childhood consumed by obsessive compulsive disorder. As a child, Bailey created a second personality inside herself—"I" became "we"—to help manifest compulsions that drove every minute of every day of her young life. Now she writes about the forces beneath her skin, and how they ordered, organized, and urged her forward. Lily charts her journey, from checking on her younger sister dozens of times a night, to "normalizing" herself at school among new friends as she grew older, and finally to her young adult years, learning—indeed, breaking through—to make a way for herself in a big, wide world that refuses to stay in check. Charming and raw, harrowing and redemptive, *Because We Are Bad* is an illuminating and uplifting look into the mind and soul of an extraordinary young woman, and a startling portrait of OCD that allows us to see and understand this condition as never before.

When you have obsessive-compulsive disorder (OCD), it can feel like your own mind is at war with itself. Instead of having productive and positive thoughts, you rehash the same worries and fears over and over again until they become unbearable. Did you really remember to lock the front door? What if you were to hit someone while driving your car? You may find yourself engaging in exhaustive rituals to keep these thoughts at bay. But soon, the doubts come back with a vengeance. Coping with OCD offers a simple and engaging program that can help anyone with mild to moderate OCD get started on the road to recovery. This book begins with a crash course on what OCD is—and what it is not. You'll learn a proven, three-part program for recovery that uses safe and gradual exposure to distressing thoughts and situations, mindfulness practice, and techniques to restructure thinking. Additional chapters address how families can help, dealing with shame and blame, depression, and maintaining progress. The book also includes a helpful list of resources for further reading and additional support.

This step-by-step guide is written for adolescents with OCD and their families. Using the principles of cognitive behavioural therapy, which is the proven method for helping those with OCD, it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker.

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*).

'So many of us live with a constant soundtrack of worry. This brilliant new book knows exactly how to deal with it.' Viv Groskop, *The Pool* We all know that worrying causes us to retreat, to avoid and to focus excessively on threat - so how do we stop it? Enter Dr Reid Wilson. Warm, engaging and remarkably entertaining, *Stopping the Noise in Your Head* proposes a ground-breaking approach to overcoming anxiety and worry and will help you to shut down the endless negative cycle of 'Will I... ? Should I... ? What if...?' voices for good. Using ground-breaking strategies and drawing on a range of sources - from fire-fighters and fitness instructors to Sir Isaac Newton and Muhammad Ali - Dr Reid Wilson will help you shift your perspective, step towards challenges and regain control of your life.

Stand up to OCD! Imagine each person's brain has a captain and crew. For a person struggling with OCD, it's as if OCD has kidnapped the captain and changed the settings in the brain. Luckily there are plenty of tips and skills you can learn to disobey OCD and not do what he tells you. Join David, Riya and Sarah as they find out about how OCD sneaks into their lives and all the tricks you can use to stand up to OCD! This illustrated CBT self-help guide and workbook is ideal for young people with OCD ages 12-17 years. It gives teens a deeper understanding of how OCD works and how they can carry out their own CBT with the help of the interactive workbook at the back of the book.

Two neuroscience experts explain how their 4-Step Method can help break destructive thoughts and actions and change bad

habits for good. A leading neuroplasticity researcher and the coauthor of the groundbreaking books *Brain Lock* and *The Mind and the Brain*, Jeffrey M. Schwartz has spent his career studying the structure and neuronal firing patterns of the human brain. He pioneered the first mindfulness-based treatment program for people suffering from OCD, teaching patients how to achieve long-term relief from their compulsions. For the past six years, Schwartz has worked with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by bad brain wiring. Just like with the compulsions of OCD patients, they discovered that bad habits, social anxieties, self-deprecating thoughts, and compulsive overindulgence are all rooted in overactive brain circuits. The key to making life changes that you want-to make your brain work for you-is to consciously choose to "starve" these circuits of focused attention, thereby decreasing their influence and strength. As evidenced by the huge success of Schwartz's previous books, as well as Daniel Amen's *Change Your Brain, Change Your Life*, and Norman Doidge's *The Brain That Changes Itself*, there is a large audience interested in harnessing the brain's untapped potential, yearning for a step-by-step, scientifically grounded and clinically proven approach. In fact, readers of *Brain Lock* wrote to the authors in record numbers asking for such a book. In *You Are Not Your Brain*, Schwartz and Gladding carefully outline their program, showing readers how to identify negative brain impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

NATIONAL BESTSELLER An engaging no-holds-barred memoir that reveals Howie Mandel's ongoing struggle with OCD and ADHD—and how it has shaped his life Howie Mandel is one of the most recognizable names in entertainment. But there are aspects of his personal and professional life he's never talked about publicly—until now. Twelve years ago, Mandel first told the world about his "germophobia." He's recently started discussing his adult ADHD as well. Now, for the first time, he reveals the details of his struggle with these challenging disorders. He speaks candidly about the ways his condition has affected his personal life—as a son, husband, and father of three. Along the way, the versatile performer reveals "the deal" behind his remarkable rise through the show-business ranks, sharing never-before-told anecdotes about his career. As heartfelt as it is hilarious, *Here's the Deal: Don't Touch Me* is the story of one man's effort to draw comic inspiration out of his darkest, most vulnerable places.

False Memory OCD is a little known variant of Obsessive Compulsive Disorder where sufferers believe they have done something horrific or illegal. Intrusive thoughts become memories and spark endless ruminating and other compulsions. Learn what makes False Memory OCD unique and how sufferers of this terrible disorder can regain their lives through therapy.

"Tens of thousands of readers are living freer, happier lives thanks to the clinically proven strategies in this book. Now thoroughly updated based on the latest science, the workbook helps OCD sufferers use the powerful techniques of cognitive-behavioral therapy (CBT)--the most effective treatment for the disorder--to achieve lasting recovery. Examples and stories of people with a wide range of obsessional thoughts and compulsive behaviors illustrate the 10 steps of the program and assure readers they are not alone. Numerous worksheets and other practical tools can be downloaded and printed for repeated use. The second edition is revised throughout with cutting-edge strategies for coping with unwanted thoughts that can't be eliminated completely, plus new learning techniques drawn from brain research"--

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.

The Complete OCD Workbook delivers a new action-oriented approach that combines CBT, ERP, and mindfulness strategies to effectively take control of OCD. OCD manifests in many forms, but the only solution for treatment is to take action. Applying proven therapeutic strategies to actionable exercises, *The Complete OCD Workbook* arms you with the tools you need to fight obsessive thoughts and compulsions, and take your life back from OCD. Designed for various types of OCD, from "Pure" (thoughts only) to compulsive behaviors, this workbook combines CBT, ERP, and mindfulness strategies into a step-by-step method for confronting intrusive thoughts and behaviors. Tracking your progress through reflective questionnaires and journal entries, *The Complete OCD Workbook* offers a supportive, self-paced framework to free yourself from OCD. *The Complete OCD Workbook* includes: An essential introduction that provides an overview of the primary treatment methods such as CBT, ERP, and mindfulness. Actionable exercises that use questionnaires, checklists, and reflective prompts to provide a hands-on and personalized approach to treating OCD. Real stories that offer support throughout your journey to healing, from patients who understand and have overcome struggles associated with OCD. OCD is determined--it doesn't give up easily. But you have the determination to challenge it, and that is the first of many successes you'll discover in *The Complete OCD Workbook*.

No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why *Talking Back to OCD* puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots--they do. This uniquely designed volume is really two books in one. Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. The pages that follow show parents how to be supportive without getting in the way. The next time OCD butts in, your family will be prepared to boss back--and show an unwelcome visitor to the door. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

The first book for teens that explains the causes and impact of body dysmorphic disorder (BDD). The book is interspersed with accounts and artwork from young people with BDD, along with perspectives of their families. BDD is a debilitating mental health disorder, and this book gives advice on treatment including CBT and medication, and shows where to get help. It increases awareness, provides solidarity for people with BDD, and alerts others to key signs and symptoms so they can prevent further suffering. It also includes a short section for families and professionals on what they can do to help, making this the go-to book for professionals and families to recommend to teens, as well an invaluable resource for young people themselves.

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.

When in doubt, make belief. For author and news anchor Jeff Bell, these are words to live by. Literally. As someone who has spent much of his life battling severe obsessive compulsive disorder (OCD), Bell has had to overcome crippling uncertainty few people can imagine. In this powerful follow-up to his critically acclaimed memoir, *Rewind, Replay, Repeat*, Bell expounds on the principles of applied belief that allowed him to make such a remarkable recovery from this "doubting disease" and the lessons he's learned while traveling the country talking about doubt. With the help of more than a dozen leading experts, Bell offers readers practical techniques for pushing through the discomfort of uncertainty — whether it stems from OCD or just everyday worries — and demonstrates how a shift from decisions based on fear and doubt to ones based on purpose and service can transform any life. Featuring interviews with Sylvia Boorstein, Patty Duke, Dan Millman, Leon Panetta, Tom Sullivan, and others

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.

An estimated 5 million Americans suffer from obsessive-compulsive disorder (OCD) and live diminished lives in which they are compelled to obsess about something or to repeat a similar task over and over. Traditionally, OCD has been treated with Prozac or similar drugs. The problem with medication, aside from its cost, is that 30 percent of people treated don't respond to it, and when the pills stop, the symptoms invariably return. In *Brain Lock*, Jeffrey M. Schwartz presents a simple four-step method for overcoming OCD that is so effective, it's now used in academic treatment centers throughout the world. Proven by brain-imaging tests to actually alter the brain's chemistry, this method doesn't rely on psychopharmaceuticals. Instead, patients use cognitive self-therapy and behavior modification to develop new patterns of response to their obsessions. In essence, they use the mind to fix the brain. Using the real-life stories of actual patients, *Brain Lock* explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their psychic prisons and regain control of their lives.

Silenced by shame from tormenting obsessions, Chrissie Hodges' believed God must be punishing her. Alone and scared for 12 years with terrifying obsessions, sexual intrusive thoughts, and exhausting rituals, Chrissie was unaware she was battling Pure OCD until diagnosed in a psychiatric hospital after surviving a gruesome suicide attempt...

Draws on the author's work at the Philadelphia Anxiety and Agoraphobia Treatment Center to outline a self-guided program that combines multiple treatment methods and focuses on relapse prevention and recovery.

Dear Patrick, For five years I have been witness to your struggles to grow up without a father. As a family friend, I can't make that up to you. What I can do is stand by you, and teach you how to be the kind of man you wish your father had been ... So begins the correspondence of two unlikely friends, Patrick Buckley, a sixteen-year-old New York City high schooler, and Jeffrey M. Schwartz, internationally renowned neuroscientist and the critically acclaimed author of *Brain Lock* and *The Mind and the Brain*. Inspired by Patrick's straight forward questions, Schwartz examines the moral teachings of our greatest spiritual leaders -- Jesus, Buddha, and Moses -- and filters them through the lens of his cutting-edge psychiatric research, as well as his own experiences of childhood loneliness and loss. With fierce certainty and love, Schwartz provides Patrick with a blueprint for breaking free from the culture of corrosive cynicism that threatens to destroy him, and for constructing a decent, meaningful, and fulfilling life. The result is a fascinating and revolutionary new code for living born of a man and a boy who sought honor and self-command in a culture of self-indulgence.

The 20th anniversary edition of the definitive classic on defeating obsessive-compulsive behavior, with all-new material from the author. An estimated 5 million Americans suffer from obsessive-compulsive disorder (OCD) and live diminished lives in which they are compelled to obsess about something or to repeat a similar task over and over. Traditionally, OCD has been treated with Prozac or similar drugs. The problem with medication, aside from its cost, is that 30 percent of people treated don't respond to it, and when the pills stop, the symptoms invariably return. In *Brain Lock*, Jeffrey M. Schwartz, M.D., presents a simple four-step method for overcoming OCD that is so effective, it's now used in academic treatment centers throughout the world. Proven by brain-imaging tests to actually alter the brain's chemistry, this method doesn't rely on psychopharmaceuticals. Instead, patients use cognitive self-therapy and behavior modification to develop new patterns of response to their obsessions. In essence, they use the mind to fix the brain. Using the real-life stories of actual patients, *Brain Lock* explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their psychic prisons and regain control of their lives.

Powerful skills based in cognitive behavioral therapy (CBT) to help you break free from the fear of uncertainty and put a stop to compulsive checking and reassurance seeking. "How do I know I made the right decision?" "What if I'm wrong?" "I need to know for sure." Do you have thoughts like these—thoughts that cause you to second-guess yourself, and lead to anxiety, stress, and worry? Do you find yourself repeatedly checking your email for no reason, asking others for their opinions about something again and again, or lying awake at night overanalyzing and planning ahead in an attempt to feel less anxious? If so, you probably have a problem with compulsive reassurance seeking. The good news is that you can break free from this "reassurance trap"—this book will show you how. In this unique guide, you'll find proven-effective tips and tools using CBT to help you tolerate uncertainty, face specific worrying scenarios, and gradually reduce the compulsion to incessantly seek reassurance. Most importantly, you'll learn to deal with those pesky "doubt attacks" and trust your own judgment. Asking for reassurance is a self-reinforcing behavior—if you do it, you're less likely to handle stressful situations without needing further reassurance. And so the cycle continues. The CBT skills in this book will help you break this exhausting and painful pattern, so you can build self-confidence and improve your life.

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.

Are you suffering from OCD? Do you want to learn techniques for overcoming destructive rituals or troubling thoughts? Would you like lasting strategies to help you stay free of OCD for good? This workbook provides an interactive course of CBT to tackle OCD. It doesn't just tell you how to feel better -- by using diagnostic tests, practical exercises and thought challenges, it will show you how to feel better. The coverage includes all the forms and presentations of OCD, while the exercises and support throughout will give you a feeling of real progress. Helpful sections for relatives on how to help you best will all go towards preventing future relapses and help you to regain control of your life for good. "A great CBT workbook to guide towards OCD recovery" - Ashley Fulwood, Chief Executive of www.OCDUK.org

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.

Imagine believing that if the lock on the front door isn't checked for the eighth time in a row, a family member will die, or that if a used fast-food wrapper is thrown away, it may be needed five years into the future to prevent a financial catastrophe. This is the type of psychic world inhabited by those with Obsessive-Compulsive Disorder (OCD)...Purchase this in-depth summary to learn more.

A cult classic in a new edition. This book is about a single, serpentine fact: late in 1976 a record called 'Anarchy in the UK' was issued in London, and this event launched a transformation of pop music all over the world. The song distilled, in crudely poetic form, a critique of modern society once set out by a small group of Paris intellectuals. In Lipstick Traces, Greil Marcus's classic book on punk, Dadaism, the situationists, medieval heretics and the Knights of the Round Table (amongst others), the greatest cultural critic of our times unravels the secret history of the twentieth century.

When your child has OCD your world can turn upside down and inside out. Claire Sanders has been managing her son's severe OCD for more than 8 years and, although there are no quick fixes, she has learnt a few tips along the way. These cover what is involved in getting a diagnosis, what to expect in therapy, how to cope with panic attacks, how it might affect the rest of your family and how you might feel as a parent. She talks with honesty and humour about these and many other aspects of her son's illness providing practical advice and insight from one parent to another. This is a must-read for any parent or carer who has a child with OCD. It is the equivalent of a comforting chat with a friend who has been through it all before and can reassure you that you are not alone.

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.

A leading researcher in brain dysfunction and a "Wall Street Journal" science writer demonstrate that the human mind is an independent entity that can shape and control the physical brain.

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