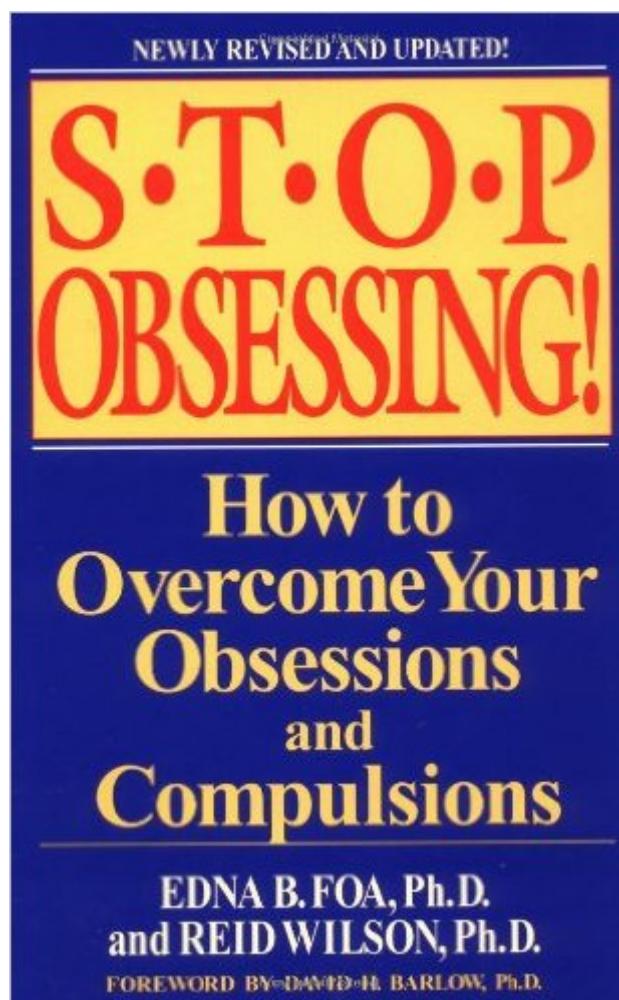


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# Stop Obsessing!: How To Overcome Your Obsessions And Compulsions (Revised Edition)



## Synopsis

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

## Book Information

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## Customer Reviews

I have OCD and didn't understand what I had or how to treat it. I was treated with medication for 5 years and had to go off it because of liver problems all the while not understanding the kind of OCD I have. I had a relapse about 10 months later and really struggled for answers. I discovered the self

help books here at and found this book. I am a pure obsessive and ritual thinker and never scored high on any OCD test. This book helped me understand what I have, how to treat it, and has specific suggestions on developing a CBT program that works for me. It has been such a great help to me I can't begin to tell you. I really recommend this book to all OCD sufferers but especially to you pure obsessives as there is not much out there for us. I read three books and this was by far the best.

I had never allowed myself to seriously think that I had OCD, I was just a little quirky, I thought. What I had was a mild range of compulsions that relieved my anxiety - counting (silently) by twos to twenty, constantly rechecking to see if I'd locked the house, the car, turned off my headlights, feeling obligated to read anything that even slightly interested me (and most things did, because what if there was something in that particular book that I needed to know?), mentally repeating words I'd hear, and all the while I'd think something wrong here. Well, anyway, among the solutions I've found have been in this book. Train yourself to reduce the compulsions (mine distracted me from my real fears), it can be done. There may be no cure but there is effective management.

After our son was diagnosed with OCD we went from one doctor to another. This book actually gave us strategies we do in our family to help him. He is finally coming around to a more normal way of life and is getting a grip on knowing how to divert his thoughts away from his obsessions.

I've read many books on OCD - I've been a sufferer since I was a child. This is definitely the best one yet! It offers so much hope: strategies for postponing compulsive actions, quizzes and checklists, etc. I have even tried a few, and they actually worked!! That's a new one for me. You definitely feel as if you can get help from this book. I congratulate the author - she must be an amazing therapist!

I've read many good books about OCD, but this is the one that offers the best help for those called "pure obsessives".

The book describes a host of obsessive/compulsive behaviors together with strategies to overcome them. For instance, washers tend to clean their hands multiple times, take many showers and repeat actions obsessively or due to sheer habit. Repeaters tend to repeat actions compulsively until they are performed perfectly or to the perceived satisfaction of the person with "a repeater"

behavioral trait. Hoarders tend to gather "things" out of a fear of discarding something valuable. The hoarder may keep every possession ever owned for fear of throwing out a single valuable thing. Hoarders never consider the opportunity cost of space. As a self-help book, the authors identify classic situations that trigger these unhealthy behaviors. Once identified, specific strategies are provided to combat the undesired behaviors/behavioral traits. A strength of this book is that it helps you to conquer a host of unhealthy demons which trigger neurotic retaliatory responses. The authors encourage readers to act contrary to these destructive proclivities every time they surface. The book is worth the price charged-many times over. The issues addressed are rarely talked about or admitted to during the conduct of public discourse. This book provides readers with a private forum to discover their eccentric behaviors without the penalty of public chastisement or derision. The book is recommended highly for this purpose alone.

On the advise of my sister, I am purchaing this book today. You may ask yourself, how can I rate this book 5-star if I have not read it yet. Well, my sister has on the advice of her therapist. With the help of her therapist and working through the exericses in this book, she has overcome most of her obsessions (in under 1 year). Personally, I cannot wait to dive in. I am looking forward to the freedom away from my obsessions and compulsions. The biggest one is germs, followed by a range of other "quirks". Good Luck to you all. OCD can be beaten!

OCD can be a devastating blow to the flow of everyday life. I know because I have it. This book covers all areas of OCD. From hoarders, to obsessive thinkers and worriers. This book can shed light on a subject that affects 2.5% of the population. This book is an invaluable piece of literature.

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