



Stop Obsessing!: How to Overcome Your Obsessions and Compulsions

Edna B. Foa, Reid Wilson

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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

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From reader reviews:

Inge Reader:

Spent a free a chance to be fun activity to do! A lot of people spent their free time with their family, or all their friends. Usually they performing activity like watching television, likely to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could be reading a book might be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the publication untitled Stop Obsessing!: How to Overcome Your Obsessions and Compulsions can be fine book to read. May be it might be best activity to you.

Clarence Bowen:

In this age globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of references to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher this print many kinds of book. Often the book that recommended to you personally is Stop Obsessing!: How to Overcome Your Obsessions and Compulsions this guide consist a lot of the information of the condition of this world now. This book was represented how do the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The writer made some exploration when he makes this book. Honestly, that is why this book acceptable all of you.

Beth Kelly:

Many people spending their moment by playing outside along with friends, fun activity along with family or just watching TV all day long. You can have new activity to enjoy your whole day by examining a book. Ugh, you think reading a book can really hard because you have to bring the book everywhere? It alright you can have the e-book, getting everywhere you want in your Cell phone. Like Stop Obsessing!: How to Overcome Your Obsessions and Compulsions which is keeping the e-book version. So , try out this book? Let's notice.

Daniel Martin:

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