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Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT

Dr. Fiona Challacombe, Dr. Victoria Bream Oldfield, Professor Paul Salkovskis

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A practical guide by three leading cognitive behavioral therapy experts, enabling sufferers to make sense of their symptoms, and to follow a simple plan to help conquer obsessive-compulsive disorder (OCD)

Whether one is compelled to clean more and more thoroughly, is plagued by “bad” thoughts, or feels the need to keep checking if they've turned off appliances, obsessive worries can become a drain on daily life—but this guide offers hope for sufferers. It offers detailed information on the many different manifestations of OCD, including rumination OCD; explains the differences between normal and obsessive worries; provides clear step-by-step information on treating one’s individual problem; discusses real-life case studies and examples; and gives advice and support for friends and family of OCD sufferers. Whether a condition is mild or severe, this definitive resource will help the sufferer reclaim his or her life and keep OCD away for good.

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