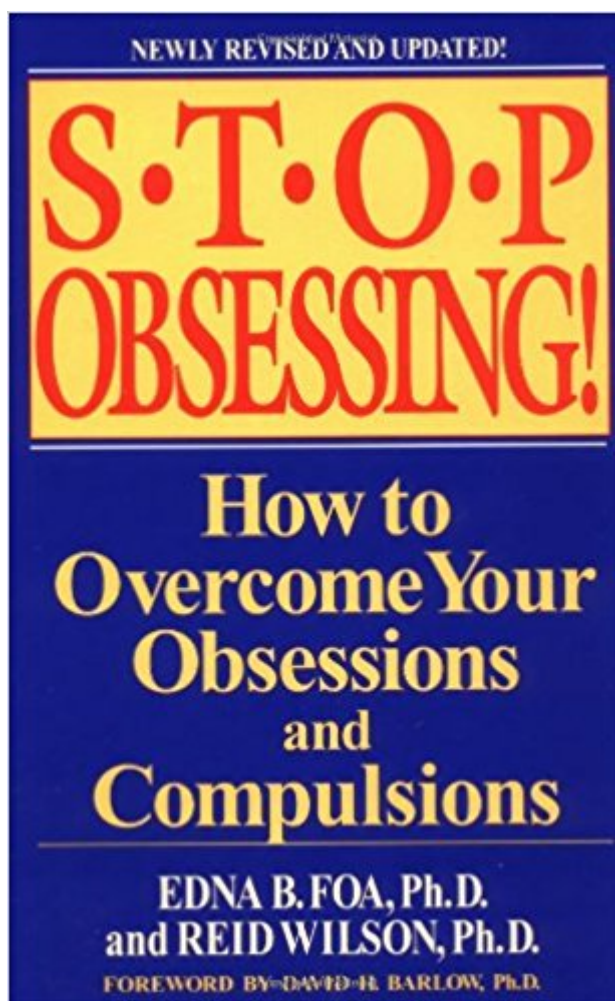


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# Stop Obsessing!: How To Overcome Your Obsessions And Compulsions (Revised Edition)



## 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

“By far the best self-help book for people with obsessions and compulsions that I have ever read. Unusually clear, exceptionally precise, and immensely practical.” — Albert Ellis, Ph.D., author of *A New Guide to Rational Living*

"Regain control over your life. If you find yourself tormented by unwanted, disturbing thoughts or compelled to perform rigidly set action to reduce your stress, you may be one of the millions of Americans who suffer from obsessive-compulsive disorder (OCD). It may be as mild a doubting whether you turned off the iron before leaving the house, or it may be as severe as disabling as washing your hands for hours each day. But whatever its degree, OCD is distressing, uncomfortable, and can disrupt your life or destroy your most important relationships. Until recently, OCD was considered to be almost untreatable using conventional forms of therapy. Now it is known to be a highly treatable disorder using behavior therapy. Drs. Foa and Wilson, internationally known authorities on the treatment of anxiety disorders, have developed a revolutionary self-help program that can help relieve crippling obsessions and compulsions. In *Stop Obsessing!* you will discover: A series of questionnaires to help you analyze the severity of your obsessions and compulsions. An initial self-help program to overcome milder symptoms and reduce more severe cases. The most effective way to help you let go of your obsessions and gain control over your compulsions. An intensive three-week program for anyone who spends more than two hours a day on obsessions or rituals. Expert guidance in determining whether you need the added help of a professional. *Stop Obsessing!*'s powerful and reliable techniques have helped thousands of patients with OCD reduce or eliminate unwanted thoughts and rituals. Today, you or someone you love can recover and lead a normal life, free of excessive fears and worries. So why wait?"By far the best self-help book for people with obsessions and compulsions that I have ever read. Unusually clear, exceptionally precise, and immensely practical"--Albert Ellis, Ph.D., President, Institute for Rational-Emotive Therapy, and author of *A New Guide To Rational Living*. --This text refers to an out of print or unavailable edition of this title.

Perhaps one of the best books you will find about exposure therapy for OCD. Both authors are very prestigious and well regarded in the academic community. The exercises provided on the book can be helpful for immediate relief of symptoms. Exercises are very behavioral and somehow technical. Recommendations are made at a cognitive level as well. I personally feel that this book is best for therapists who want to provide this kind of treatment, however it can be very challenging for people suffering of intrusive and recurrent obsessions and compulsions. I believe nonetheless that it could be a good support for a patient already engaged in treatment.

Great book

One of the best books for OCD but as usual not enough information for pure o.

Very helpful book!

excellent

If you want to buy book about OCD, which would help you, then buy only one book- this one! I have severe OCD many years and I bought four books about OCD. Stop Obsessing is the best, because it shows other OCD sufferers' cases and it offers the only solution, cure for OCD- exposure-response prevention. What helped me? I started to take- Lamotrix(lamotrigine). Lamotrix removed 70-90% of compulsions! (So ask about this drug to your doctor! Of course, there is no guarantee, that it will also help to you!) Then I tried exposure-response prevention and it really helped! 90% of my compulsions-rituals are gone! Don't read OCD forums. There are only ill people with severe OCD. Those who are almost free from OCD- they are not sitting in OCD forums! Of course, you will not be able to cure whole OCD, but you can minimize it with exposure-response prevention and drugs. If you will not do exposure-response prevention, then you will never be free from OCD! Only exposure-response prevention can help you and this book tells you how to do it! Good luck!

Great book if you worry a lot

Perfect Book!

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