

Overcoming Compulsive Washing



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Fear of contamination leads washing sufferers to compulsively avoid places and situations that cause their anxiety - public washrooms, doorknobs, handshaking, and so on. This book helps readers to identify their specific ritualistic compulsion. Then it helps them to stop obsessing by experimenting with exposure to their fears. The book includes ways to troubleshoot particularly difficult situations and to educate the family and loved ones of OCD sufferers.

作者介绍:

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