Overcoming Compulsive Washing

Paul R. Munford, Ph.D. Overcoming Compulsive Washing FREE YOUR MIND FROM OCD Learn bow to: Stop excessive washing and cleaning Live a life free of overwhelming anxiety

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"This is the self-help book to read if you have this type of OCD."

—PATRICIA B. PERICHS, JD, Executive Director, Observive-Compulative Foundation Cognition Method.

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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.
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