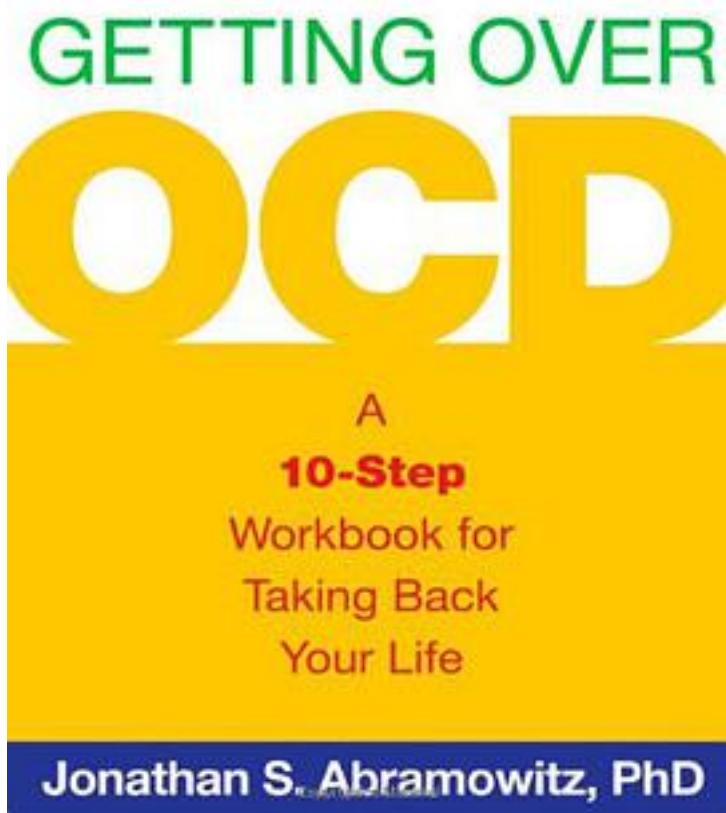


Getting Over OCD

Copyrighted Material



[Getting Over OCD_下载链接1](#)

著者: Abramowitz, Jonathan S.

出版者:

出版时间:2009-6

装帧:

isbn:9781593859992

Obsessive-compulsive disorder (OCD) is one of the top five mental health complaints today. Unwanted, repetitive thoughts and actions disrupt millions of lives and cause

tremendous suffering and distress. But OCD can be beat -- and there's no more trusted authority than Dr. Jonathan Abramowitz to show how. Structured to mirror the steps of cognitive-behavioral therapy, the most effective treatment for the disorder, this engaging workbook is packed with self-assessment and planning tools; carefully sequenced exercises; and informative examples that sufferers will relate to. By learning specific strategies for changing the thoughts, feelings, and behaviors that keep OCD alive, readers grappling with any type of obsessions and compulsions can find significant, lasting relief.

作者介绍:

目录:

[Getting Over OCD_下载链接1](#)

标签

评论

[Getting Over OCD_下载链接1](#)

书评

[Getting Over OCD_下载链接1](#)