



# **The Beating OCD Workbook (Teach Yourself: Relationships & Self-Help)**

*Stephanie Fitzgerald*



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Are you suffering from OCD? Do you want to learn techniques for overcoming destructive rituals or troubling thoughts? Would you like lasting strategies to help you stay free of OCD for good? This workbook provides an interactive course of CBT to tackle OCD. It doesn't just *tell* you how to feel better by using diagnostic tests, practical exercises and thought challenges, it will *show* you how to feel better. The coverage includes all the forms and presentations of OCD, while the exercises and support throughout will give you a feeling of real progress. Helpful sections for relatives on how to help you best will all go towards preventing future relapses and help you to regain control of your life for good.



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#### **Mark Logan:**

Spent a free time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their own friends. Usually they doing activity like watching television, about to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? May be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the book untitled The Beating OCD Workbook (Teach Yourself: Relationships & Self-Help) can be great book to read. May be it could be best activity to you.

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