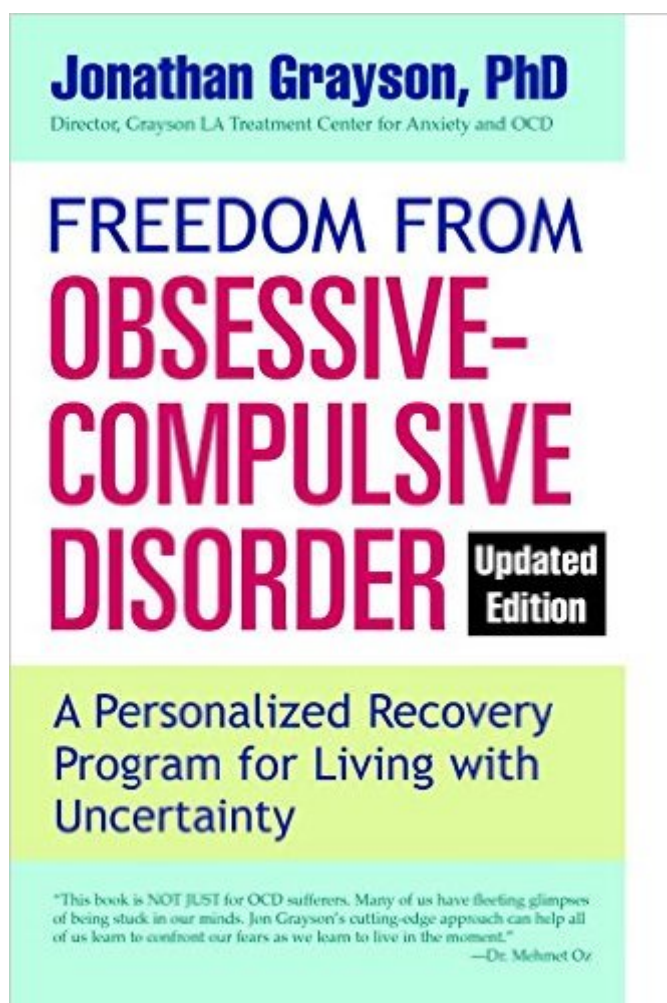


The book was found

Freedom From Obsessive Compulsive Disorder: A Personalized Recovery Program For Living With Uncertainty, Updated Edition



Synopsis

Nearly six million Americans suffer from the symptoms of obsessive-compulsive disorder, which can manifest itself in many ways: paralyzing fear of contamination; unmanageable "checking" rituals; excessive concern with order, symmetry, and counting; and others. Freedom from Obsessive-Compulsive Disorder provides Dr. Jonathan Grayson's revolutionary and compassionate program for finally breaking the cycle of overwhelming fear and endless rituals, including:

- Self-assessment tests that guide readers in identifying their specific type of OCD and help track their progress in treatment
- Case studies from Dr. Grayson's revolutionary and profoundly successful treatment program
- Blueprints for programs tailored to particular manifestations of OCD
- Previously unexplored manifestations of OCD such as obsessive staring, Relationship OCD (R-OCD), obsessive intolerance of environmental sounds and chewing sounds
- Therapy scripts to help individuals develop their own therapeutic voice, to motivate themselves to succeed
- New therapies used in conjunction with exposure techniques
- "Trigger sheets" for identifying and planning for obstacles that arise in treatment
- Information on building a support group

And much more

Demystifying the process of OCD assessment and treatment, this indispensable book helps sufferers make sense of their own compulsions through frank, unflinching self-evaluation, and provides not only the knowledge of how to change "but the courage to do it."

Book Information

Paperback: 384 pages

Publisher: Berkley; Updated edition (May 6, 2014)

Language: English

ISBN-10: 042527389X

ISBN-13: 978-0425273890

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (15 customer reviews)

Best Sellers Rank: #23,864 in Books (See Top 100 in Books) #5 in Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #27 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #47 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders

Customer Reviews

I've read numerous books on OCD and anxiety, including "Getting Control" and "The Imp of the

Mind" by Lee Baer, "You Are Not Your Brain" by Jeffrey Schwartz, "Overcoming Obsessive Thoughts" by Clark and Purdon, and "Hope and Help for Your Nerves" by Claire Weekes. I recommend each of these books in their own way, especially "The Imp of the Mind" and "Hope and Help for Your Nerves". Each one has helped me recover from a period of anxiety. However, Dr. Grayson's book is on another level. I'm an OCD sufferer, having gone through many different forms over the years, including Harm-OCD, obsessing about obsessing, health concerns, Relationship OCD, and others. Other books were good, and they provided a lot of good reassurance, but as you may know, with OCD, reassurance isn't always a good thing. I found little to no reassurance in this book, instead I found strong motivation, tools for recovery, and resources to support me in the process. Dr. Grayson is a big proponent of Exposure and Response Prevention, the "gold standard" of OCD treatment today. In a way, there's quite a bit of "tough love", but that's exactly what we need. And at the risk of sounding less OCD and more schizophrenic, it's like Dr. Grayson could read my mind. So many times he said "You're probably thinking..." or "You know that...", and he was almost always right. He has a deep, deep understanding of the OCD mind. His understanding was more evident than any other author I've read. While reading previous books, I ignored exercises because I thought they were silly, contrived, or unnecessary. He addresses this mentality, and I found myself doing all of the exercises.

[Download to continue reading...](#)

Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition OCD: Take CONTROL of Obsessive-Compulsive Behavior for good!: A guide to how to free yourself from Obsessive Compulsive Disorder (OCD). (OCD, Obsessive ... Brain Lock, Delivered from Distraction) Living with Anxiety and an Obsessive Compulsive Partner (OCD, Mental Illness, Anxiety, Depression, ERP, Obsessive Compulsive Disorder) Obsessive Compulsive Anonymous: Recovering From Obsessive Compulsive Disorder Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) Obsessions, Rituals and Wasted Time: Living with Obsessive Compulsive Disorder and Waiting for God to Come to the Rescue The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder When a Family Member Has

OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by
Obsessive-Compulsive Disorder Everything in Its Place: My Trials and Triumphs with Obsessive
Compulsive Disorder Hope Is on Your Side: A Motivational Journal for Those Affected by
Obsessive-compulsive Disorder Overcoming Obsessive-Compulsive Disorder - Client Manual (Best
Practices for Therapy) Triggered: A Memoir of Obsessive-Compulsive Disorder Addiction: The Last
ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction,
addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4)
The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and
Binge Eating Disorder Celebrate Recovery Updated Leader's Guide: A Recovery Program Based
on Eight Principles from the Beatitudes Brain Lock, Twentieth Anniversary Edition: Free Yourself
from Obsessive-Compulsive Behavior Brain Lock: Free Yourself from Obsessive-Compulsive
Behavior Hoarding: Help For Families Dealing With Obsessive Hoarding, Collecting and Clutter:
(Treatments for Compulsive Acquiring, Saving and Hoarding - Accumulating things) (Life
Psychology Series Book 2)

[Dmca](#)