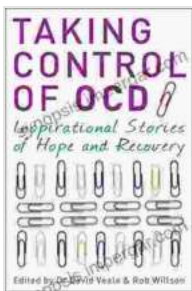


# Taking Control of OCD: A Comprehensive Guide to Managing Obsessive-Compulsive Disorder

Obsessive-compulsive disorder (OCD) is a mental health condition that affects millions of people worldwide. OCD is characterized by intrusive thoughts, images, or impulses (obsessions) that cause anxiety or distress. In an attempt to reduce this anxiety, people with OCD engage in repetitive behaviors or mental rituals (compulsions). These compulsions can take many forms, such as excessive handwashing, checking, or counting.



## Taking Control of OCD: Inspirational Stories of Hope and Recovery by David Veale

★★★★☆ 4.1 out of 5

Language : English  
File size : 471 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 288 pages



OCD can be a debilitating disorder, but it is possible to manage the symptoms and regain control of your life. Taking Control of OCD is a comprehensive guide to managing OCD. It provides evidence-based strategies for overcoming OCD symptoms and regaining control of your life.

This book is written by two leading experts on OCD, Dr. Jonathan Grayson and Dr. David Tolin. Dr. Grayson is a clinical psychologist and professor of psychology at the University of Pennsylvania. Dr. Tolin is a clinical psychologist and professor of psychiatry at the Yale University School of Medicine.

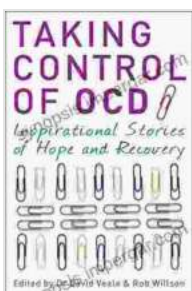
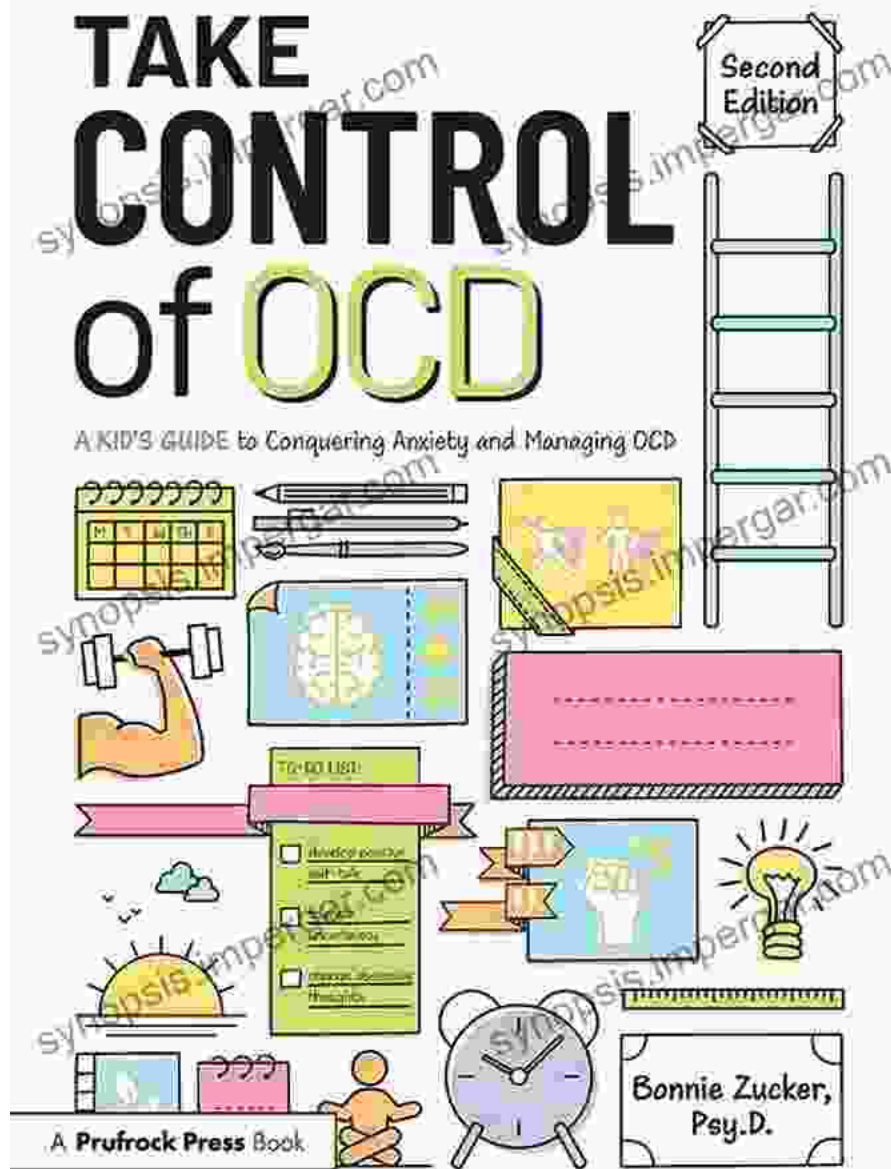
Taking Control of OCD is divided into three parts.

1. **Part I: Understanding OCD**
2. **Part II: Managing OCD Symptoms**
3. **Part III: Living with OCD**

Part I provides an overview of OCD, including its symptoms, causes, and treatment options. Part II describes evidence-based strategies for managing OCD symptoms, such as exposure and response prevention (ERP) and cognitive-behavioral therapy (CBT). Part III discusses how to live with OCD, including how to manage the stigma associated with the disorder and how to build a support system.

Taking Control of OCD is an essential resource for anyone with OCD or for anyone who wants to learn more about the disorder. This book provides evidence-based strategies for managing OCD symptoms and regaining control of your life.

**Free Download your copy of Taking Control of OCD today!**



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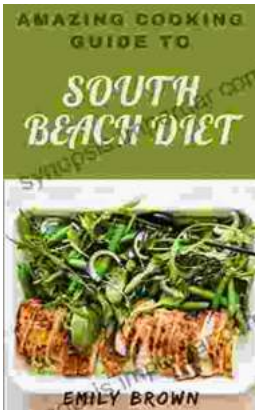
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