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Break Free from OCD:
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Breaking Free from OCD: A CBT Guide for Young People and Their Families By Authors Jo Derisley, Isobel Heyman, Sarah Robinson, Cynthia Turner and Lisa Jo Robinson (Illustrator) "The book offers some excellent information for parents wanting to tackle their child's OCD, so I would most definitely recommend this book to parents of children with OCD".

Breaking Free from OCD: A CBT

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Break free from OCD | OCD-UK

Many people with OCD aren't easy to diagnose or treat. Clients with OCD can present as panicky, depressed, and agoraphobic, as well as with a wide range of personality problems and relationship issues. But by locating the obsessive thought that initially raises anxiety distress and the compulsive thought that provides the temporary relief, therapists can help these clients break their self

...

Breaking the Cycle: OCD

Treatment that Works

Breaking Free From OCD.

Obsessive-compulsive disorder

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shambles. But he was finally able to get the upper hand. By Regina Boyle Wheeler May 6, 2015

Breaking Free From OCD |
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Overcoming Obsessive

Compulsive Disorder with CBT:

Authors: Fiona Challacombe,

Victoria Bream Oldfield, Paul M

Salkovskis: Publisher: Random

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