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The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder (A New Harbinger Self-Help Workbook)

By Bruce M. Hyman PhD LCSW, Cherlene Pedrick RN



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If you have obsessive-compulsive disorder (OCD), chances are that your persistent obsessive thoughts and time-consuming compulsions keep you from enjoying life to the fullest. But when you are in the habit of avoiding the things you fear, the idea of facing them head-on can feel frightening and overwhelming. This book can help.

The OCD Workbook has helped thousands of people with OCD break the bonds of troubling OCD symptoms and regain the hope of a productive life. Endorsed and used in hospitals and clinics the world over, this valuable resource is now fully revised and updated with the latest evidence-based approaches to understanding and managing OCD. It offers day-to-day coping strategies you can start using right away, along with proven-effective self-help techniques that can help you maintain your progress. The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder. Whether you suffer with OCD or a related disorder, such as body dysmorphic disorder or trichotillomania, let this new edition of *The OCD Workbook* be your guide on the path to recovery.

This new edition will help you: use self-assessment tools to identify your symptoms and their severity; create and implement a recovery strategy using cognitive behavioral self-help tools and techniques; learn about the most effective medications and medical treatments; find the right professional help and access needed support for your recovery; and maintain your progress and prevent future relapse.



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Editorial Review

Review

“This book is exceptional in that it has practical benefits for both obsessive-compulsive disorder (OCD) sufferers and for clinicians. For sufferers, it serves as a self-help treatment guide for understanding the disorder and using proven treatment techniques to bring about symptom reduction. For clinicians, it serves as a treatment manual that can assist in making the initial diagnosis, identifying the particular OCD subtype, and developing a successful treatment plan.”

—Paul R. Munford, Ph.D., director of the intensive outpatient treatment program at the Cognitive Behavior Therapy Center for OCD and Anxiety in San Rafael, CA, author of *Overcoming Compulsive Washing*

“A wealth of information and real help for people with OCD and their families! The OCD Workbook is a great resource that is practical and easy to understand, with the latest updates and effective step-by-step strategies.”

—Aureen Pinto Wagner, Ph.D., author of *Up and Down the Worry Hill: A Children's Book About OCD*, *What to Do When Your Child Has OCD*, and *Treatment of OCD in Children and Adolescents*

“While there are many self-help books for OCD sufferers, there are few that are of the same caliber, in terms of completeness and usefulness, as Hyman and Pedrick's *The OCD Workbook*. This is a first-rate resource for those seeking to recover their lives from this torturous disorder.”

—Fred Penzel, Ph.D., licensed psychologist and executive director of Western Suffolk Psychological Services in Huntington, NY, and author of *Obsessive-Compulsive Disorders*

“Bruce Hyman and Cherry Pedrick's updated and expanded version of their classic, *The OCD Workbook*, is one of the best self-help books on OCD. Many sections have been expanded and new ones added. Readers will find up-to-date information on their own particular OCD concerns and how to conquer them.”

—Bruce Mansbridge, Ph.D., author of *The Complete Idiot's Guide to Conquering Obsessive-Compulsive Behavior* and clinical assistant professor of psychology at the University of Texas, Austin

“The third edition of *The OCD Workbook* expands on the already comprehensive second edition by adding new insights in areas including mindfulness meditation, responsibility modification techniques, and acceptance and commitment therapy. Here the reader finds the most comprehensive survey of cognitive behavioral treatment for OCD that is accessible to the layman. All is clearly written, easily grasped, and laid

out in a very user-friendly manner. Every OCD sufferer should read this book!”

—Ian Osborn, MD, psychiatrist, assistant professor of psychiatry at the University of New Mexico Health Science Center, and author of *Tormenting Thoughts* and *Secret Rituals: The Hidden Epidemic of Obsessive-Compulsive Disorder*

“This book is an extremely helpful step-by-step guide to overcoming OCD. The authors are experienced in the treatment of this debilitating disorder and provide an easy formula for understanding and treating the symptoms of OCD and some spectrum disorders, such as health anxiety and body dysmorphic disorder. It is a very thorough book explaining the need to engage in therapy and how to apply specific strategies for specific symptoms. Some helpful hints are also provided for family members. I strongly recommend the book for those combating OCD.”

—Fugen Neziroglu, Ph.D., board-certified behavior and cognitive therapist, director of the Bio-Behavioral Institute in Great Neck, NY, and author of *Body Dysmorphic Disorder*

“This is an excellently organized, self-directed program to assist sufferers of OCD. The examples of cognitive behavioral treatment components for adults and children with OCD are very comprehensive. Parents and family will find support and assistance in breaking the patterns of enabling, and therapists will be able to implement behavioral assignments that will decrease OCD suffering.”

—Blanche Freund, adjunct professor of psychology and psychiatry at the University of Miami School of Medicine

“There has long been a need for a workbook that puts concrete instructions for doing therapy directly into the hands of people with OCD and their families. Hyman and Pedrick have admirably filled that need in this book. *The OCD Workbook* provides critically important practical information on how to overcome a wide variety of OCD symptoms.”

—Jeffrey M. Schwartz, MD, research professor of psychology at the University of California, Los Angeles, and author of *Brain Lock* and *The Mind and the Brain*

“This book offers a clear explanation of the modern treatment of OCD. I personally expect to recommend it to many of my OCD patients. It contains clear, step-by-step procedures for exposure and ritual prevention that are fundamental parts of what we know to be the most powerful treatment for OCD. In addition, I was pleased to find step-by-step procedures and examples of how to use cutting-edge cognitive techniques. The book offers clear suggestions for working with a variety of forms of OCD, including scrupulosity, hit and run, and hoarding problems. This book should be helpful to people who need to do self-directed treatment as well as to therapists who can use the examples and steps to treat OCD effectively.”

—James M. Claiborn, Ph.D., ABPP, psychologist and member of the Scientific Advisory Board of the Obsessive-Compulsive Foundation

“More than just a workbook, this work by Hyman and Pedrick defines and demystifies obsessive-compulsive disorder. In addition, it offers therapists and patients a highly specific and useful treatment program. *The OCD Workbook* should be an important addition to your collection of OCD treatment literature.”

—Robert H. Ackerman, MSW, clinical assistant professor in the Department of Psychiatry at the State University of New York, Health Science Center at Brooklyn

From the Publisher

The OCD Workbook, Third Edition offers the latest findings on the causes and most effective treatments for obsessive-compulsive disorder (OCD). It includes helpful information on medications and shows readers how they can calm their impulses through techniques drawn from acceptance and commitment therapy and cognitive behavioral therapy.

About the Author

Bruce M. Hyman, PhD, LCSW, is a cognitive behavioral therapist in private practice in Hollywood, FL, and has been the director of the OCD Resource Center of Florida (www.ocdhope.com) since 1991. He specializes in the cognitive behavioral treatment of adults and children with OCD, OCD spectrum disorders, and anxiety disorders, and is coauthor of *Coping with OCD*.

Cherry Pedrick, RN, is a registered nurse and freelance writer in the greater Seattle, WA, area. She is coauthor of *Loving Someone with OCD*, *Helping Your Child with OCD*, *The Habit Change Workbook*, *The BDD Workbook*, *Obsessive-Compulsive Disorder*, and *Anxiety Disorders*.

Users Review

From reader reviews:

Beverly Sands:

Book is definitely written, printed, or outlined for everything. You can understand everything you want by a book. Book has a different type. As it is known to us that book is important thing to bring us around the world. Alongside that you can your reading proficiency was fluently. A book *The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder* (A New Harbinger Self-Help Workbook) will make you to possibly be smarter. You can feel a lot more confidence if you can know about every little thing. But some of you think that open or reading a new book make you bored. It is not make you fun. Why they could be thought like that? Have you seeking best book or ideal book with you?

Philip Cooper:

Hey guys, do you would like to finds a new book to study? May be the book with the name *The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder* (A New Harbinger Self-Help Workbook) suitable to you? The particular book was written by well known writer in this era. The particular book untitled *The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder* (A New Harbinger Self-Help Workbook) is the main of several books in which everyone read now. That book was inspired many men and women in the world. When you read this reserve you will enter the new age that you ever know previous to. The author explained their concept in the simple way, so all of people can easily to comprehend the core of this publication. This book will give you a wide range of

information about this world now. So you can see the represented of the world within this book.

Patsy Phan:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family members or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity that's look different you can read any book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a e-book. The book The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder (A New Harbinger Self-Help Workbook) it is extremely good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. Should you did not have enough space to develop this book you can buy the actual e-book. You can m0ore quickly to read this book from a smart phone. The price is not very costly but this book possesses high quality.

Larry Morris:

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