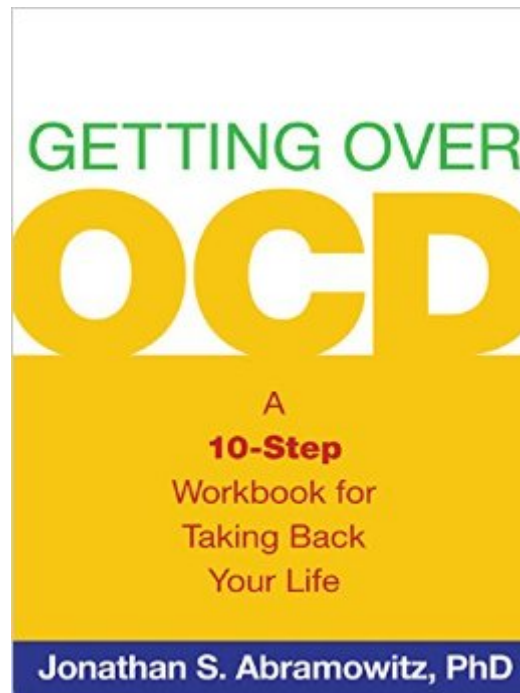


The book was found

# Getting Over OCD: A 10-Step Workbook For Taking Back Your Life (Guilford Self-Help Workbook)



## Synopsis

Just imagine: No more obsessional thoughts and compulsive behaviors. No more planning your day around avoiding certain situations. You can get over OCD--and join the thousands of people who are living freer, happier lives thanks to the clinically proven strategies in this book. Noted OCD specialist Dr. Jonathan Abramowitz provides the information, support, and practical tools you need to:

- \*Understand your obsessions, compulsions, and rituals
- \*Develop a customized action plan
- \*Take gradual steps to safely confront--and master--the situations you avoid
- \*Find relief from intrusive thoughts, no matter how distressing
- \*Overcome compulsion urges
- \*Reduce anxiety and improve your relationships

Based on cognitive-behavioral therapy, the most effective treatment for OCD, the workbook's carefully sequenced exercises are illustrated with detailed examples. Ready to get over OCD? Your journey starts here. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

## Book Information

Series: Guilford Self-Help Workbook

Paperback: 307 pages

Publisher: The Guilford Press (April 29, 2009)

Language: English

ISBN-10: 1593859996

ISBN-13: 978-1593859992

Product Dimensions: 8 x 0.9 x 10.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #149,305 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder \(OCD\)](#) #97 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Mental Health](#) #176 in [Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior](#)

## Customer Reviews

Jonathan Abramowitz, Ph.D. has written a thoughtful, clear, well-organized and detailed, evidence based, self help workbook addressing Obsessive Compulsive Disorder (OCD). The book's engaging, direct manner should appeal to a broad range of people confronting Obsessive Compulsive Disorder in its many forms and dimensions. If the manual is used appropriately, I think it has the potential to become one of only a hand-full of such books commonly recommended to

clients by professional psychologists in the treatment of OCD. Overall, based on my experiences from 30 years of practice as a clinical psychologist, and given the following caveats, I strongly recommend consideration of Dr. Abramowitz's workbook as a worthwhile resource in the treatment of OCD. The concerns and reservations that I do have about this treatment manual are those that I hold in general about the use of do-it-yourself mental health work books: 1. Self-help books, used in isolation, are difficult to effectively read and digest in their entirety, especially in focusing on the parts most applicable and beneficial to one-self. "Taking back your life" minimizes how truly difficult it is to cope with having OCD and to effectively change and then maintain the change. Ask yourself, "Do I really have the time, motivation and persistence to slowly and thoughtfully work my way through the book and persevere in its application? Consider obtaining assistance and support from an experienced and informed psychologist, and to incorporate the present workbook in this situation. 2. As a mental health professional, will you really read, study and become familiar with the workbook in its entirety?

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

Getting Over OCD: A 10-Step Workbook for Taking Back Your Life (Guilford Self-Help Workbook)  
Life in Rewind: The Story of a Young Courageous Man Who Persevered Over OCD and the Harvard Doctor Who Broke All the Rules to Help Him The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy Your Erroneous Zones: Step-by-Step Advice for Escaping the Trap of Negative Thinking and Taking Control of Your Life The Complete Guide to Building Classic Barns, Fences, Storage Sheds, Animal Pens, Outbuildings, Greenhouses, Farm Equipment, & Tools: A Step-by-Step ... (Back-To-Basics) (Back to Basics: Building) The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help) Being Me with OCD: How I Learned to Obsess Less and Live My Life [ ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH ] By Ballweg, Mary Lou ( Author) 2003 [ Paperback ] What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids) Brief Intervention for School Problems, Second Edition: Outcome-Informed Strategies

(Guilford School Practitioner (Paperback)) Clinical Interviews for Children and Adolescents, Second Edition: Assessment to Intervention (Guilford Practical Intervention in the Schools) RTI Applications, Volume 1: Academic and Behavioral Interventions (Guilford Practical Intervention in Schools) Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds (Guilford Family Therapy (Paperback)) Doing Good Better: How Effective Altruism Can Help You Help Others, Do Work that Matters, and Make Smarter Choices about Giving Back Ways to Help After a Natural Disaster (How to Help: A Guide to Giving Back) Stop Walking on Eggshells: Taking Your Life Back When Someone You Care about Has Borderline Personality Disorder Overcoming OCD: A Journey to Recovery

[Dmca](#)