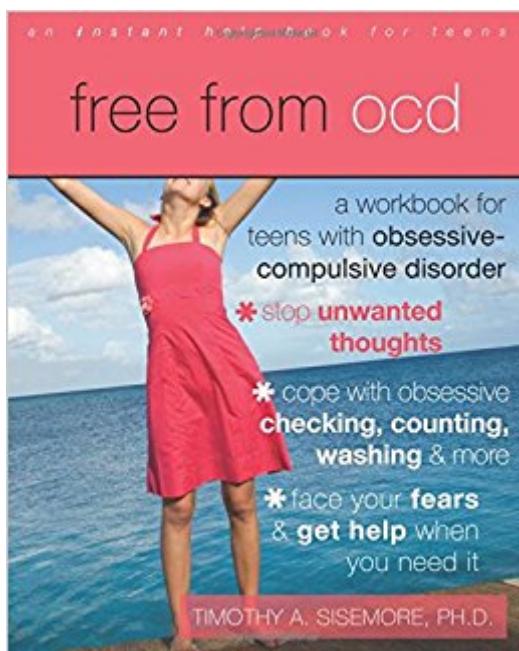


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# Free From OCD: A Workbook For Teens With Obsessive-Compulsive Disorder



## Synopsis

You may not know anyone else who suffers from repetitive “stuck” thoughts and compulsive rituals, but plenty of other teens experience symptoms of obsessive-compulsive disorder (OCD): the need to repeatedly wash their hands, check to make sure everything is okay, count possessions, put things in order, or even repeat thoughts over and over. Rituals like these may calm you down when you’re feeling stressed or anxious, but you know all too well that the relief is temporary and you’ll have to repeat the ritual when you start feeling uneasy again. This cycle can make you feel trapped, but also may seem impossible or even frightening to break. Free from OCD offers forty easy cognitive behavioral exercises to help you move past your symptoms and live freely and flexibly, without fear. You’ll finally be able to stop compulsive thoughts in their tracks and keep them from coming back. This book helps you learn to: Notice when thoughts are based in reality and when they’re exaggerated Recognize and neutralize situations that trigger your symptoms Make friends and feel more confident in social situations Use relaxation techniques instead of falling back on your rituals

## Book Information

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## Customer Reviews

Free from OCD includes forty activities designed to teach teens with obsessive-compulsive disorder (OCD) proven-effective cognitive behavioral therapy strategies for overcoming their fears and compulsions.

Timothy A. Sisemore, PhD, is professor of psychology and counseling and director of research at Richmont Graduate University in Chattanooga, TN. He has more than twenty-five years of experience as a clinical psychologist and specializes in anxiety disorders. He has written three previous books on anxiety treatment.

Highly recommended for any age. Examples are young for teens and adults but the questions and teachings are great. Walks you through ways to understand and cope with OCD. You get out what you put in.

I have already found this workbook to be of great use with the teens in my practice. Easy to understand for them.

This book will cure you

Great tool for therapists!

This book isn't as depressing as the others and will deal with teens who have only mild symptoms.

Excellent workbook, I use it in my counseling practice.

Our exchange student used these for his ocd. He is 16 and they are perfect for him.

excellent resource

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