

Coping With Ocd:practical Strategies For Living Well With Obsessive-compulsive Disorder - Bruce M. Hyman

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When you have obsessive-compulsive disorder (OCD), it can feel like your own mind is at war with itself. Instead of having productive and positive thoughts, you rehash the same worries and fears over and over again until they become unbearable. Did you really remember to lock the front door? What if you were to hit someone while driving your car? You may find yourself engaging in exhaustive rituals to keep these thoughts at bay. But soon, the doubts come back with a vengeance. coping with OCD offers a simple and engaging program that can help anyone with mild to moderate OCD get started on the road to recovery. This book begins with a crash course on what OCD is-and what it is not. You'll learn a proven, three-part program for recovery that uses safe and gradual exposure to distressing thoughts and situations, mindfulness practice, and techniques to restructure thinking. Additional chapters address how families can help, dealing with shame and blame, depression, and maintaining progress. The book also includes a helpful list of resources for further reading and additional support.

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