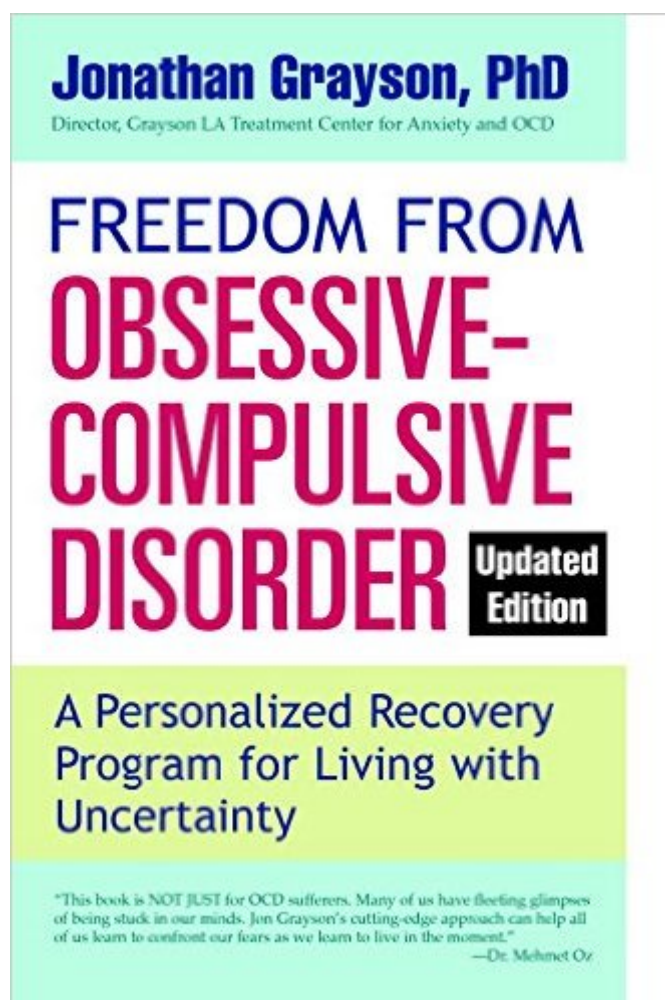


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# Freedom From Obsessive Compulsive Disorder: A Personalized Recovery Program For Living With Uncertainty, Updated Edition



## Synopsis

Nearly six million Americans suffer from the symptoms of obsessive-compulsive disorder, which can manifest itself in many ways: paralyzing fear of contamination; unmanageable "checking" rituals; excessive concern with order, symmetry, and counting; and others. Freedom from Obsessive-Compulsive Disorder provides Dr. Jonathan Grayson's revolutionary and compassionate program for finally breaking the cycle of overwhelming fear and endless rituals, including:

- Self-assessment tests that guide readers in identifying their specific type of OCD and help track their progress in treatment
- Case studies from Dr. Grayson's revolutionary and profoundly successful treatment program
- Blueprints for programs tailored to particular manifestations of OCD
- Previously unexplored manifestations of OCD such as obsessive staring, Relationship OCD (R-OCD), obsessive intolerance of environmental sounds and chewing sounds
- Therapy scripts to help individuals develop their own therapeutic voice, to motivate themselves to succeed
- New therapies used in conjunction with exposure techniques
- "Trigger sheets" for identifying and planning for obstacles that arise in treatment
- Information on building a support group

And much more

Demystifying the process of OCD assessment and treatment, this indispensable book helps sufferers make sense of their own compulsions through frank, unflinching self-evaluation, and provides not only the knowledge of how to change "but the courage to do it."

## Book Information

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## Customer Reviews

I've read numerous books on OCD and anxiety, including "Getting Control" and "The Imp of the

Mind" by Lee Baer, "You Are Not Your Brain" by Jeffrey Schwartz, "Overcoming Obsessive Thoughts" by Clark and Purdon, and "Hope and Help for Your Nerves" by Claire Weekes. I recommend each of these books in their own way, especially "The Imp of the Mind" and "Hope and Help for Your Nerves". Each one has helped me recover from a period of anxiety. However, Dr. Grayson's book is on another level. I'm an OCD sufferer, having gone through many different forms over the years, including Harm-OCD, obsessing about obsessing, health concerns, Relationship OCD, and others. Other books were good, and they provided a lot of good reassurance, but as you may know, with OCD, reassurance isn't always a good thing. I found little to no reassurance in this book, instead I found strong motivation, tools for recovery, and resources to support me in the process. Dr. Grayson is a big proponent of Exposure and Response Prevention, the "gold standard" of OCD treatment today. In a way, there's quite a bit of "tough love", but that's exactly what we need. And at the risk of sounding less OCD and more schizophrenic, it's like Dr. Grayson could read my mind. So many times he said "You're probably thinking..." or "You know that...", and he was almost always right. He has a deep, deep understanding of the OCD mind. His understanding was more evident than any other author I've read. While reading previous books, I ignored exercises because I thought they were silly, contrived, or unnecessary. He addresses this mentality, and I found myself doing all of the exercises.

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