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Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT Paperback – September 1, 2012 by Dr. Fiona Challacombe (Author), Dr. Victoria Bream Oldfield (Author), Professor Paul Salkovskis (Author) 4.5 out of 5 stars 156 ratings

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Break free from OCD. £ 14.99. " My number one recommendation for an OCD self-help book. " . – Ashley Fulwood, Chief executive of OCD-UK, August 2011. This book offers an extensive and practical guide to overcoming OCD through cognitive behavioural therapy (CBT). Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and ...

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OCD is one of the most common mental health conditions and is thought to affect 2-3% of the UK population at a clinical level, while many more may experience some symptoms which interfere with their life. Written by three experts in the field of Cognitive Behavioural Therapy (CBT), Break Free From OCD helps us understand OCD and provides an approach to overcoming the disorder.

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Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT. Obsessive worries can be a drain on daily life, but this practical guide, written by three leading Cognitive Behavioural Therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real ...

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~~Overcoming Harm OCD | NewHarbinger.com~~

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Challacombe F., Bream Oldfield V. and Salkovskis P., Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT, Vermilion, London, 2011. This is a practical guide to what OCD is, how OCD has such a grip on sufferers, and how to break the cycle.

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