



Stop Obsessing!: How to Overcome Your Obsessions and Compulsions (Revised Edition)

By Edna B. Foa, Reid Wilson

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Newly Revised and Updated!

Are you tormented by extremely distressing thoughts or persistent worries?

Compelled to wash your hands repeatedly?

Driven to repeat or check certain numbers, words, or actions?

If you or someone you love suffers from these symptoms, you may be one of the millions of Americans who suffer from some form of obsessive-compulsive disorder, or OCD.

Once considered almost untreatable, OCD is now known to be a highly treatable disorder using behavior therapy. In this newly revised edition of **Stop Obsessing!** Drs. Foa and Wilson, internationally renowned authorities on the treatment of anxiety disorders, share their scientifically based and clinically proven self-help program that has already allowed thousands of men and women with OCD to enjoy a life free from excessive worries and rituals.

You will discover:

- Step-by-step programs for both mild and severe cases of OCD
- The most effective ways to help you let go of your obsessions and gain control over your compulsions
- New charts and fill-in guides to track progress and make exercises easier
- Questionnaires for self-evaluation and in-depth understanding of your symptoms
- Expert guidance for finding the best professional help
- The latest information about medications prescribed for OCD

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Editorial Review

Review

"By far the best self-help book for people with obsessions and compulsions that I have ever read. Unusually clear, exceptionally precise, and immensely practical."

— Albert Ellis, Ph.D., author of **A New Guide to Rational Living**

From the Publisher

"Regain control over your life. If you find yourself tormented by unwanted, disturbing thoughts or compelled to perform rigidly set action to reduce your stress, you may be one of the millions of Americans who suffer from obsessive-compulsive disorder (OCD). It may be as mild a doubting whether you turned off the iron before leaving the house, or it may be as severe as disabling as washing your hands for hours each day. But whatever its degree, OCD is distressing, uncomfortable, and can disrupt your life or destroy your most important relationships. Until recently, OCD was considered to be almost untreatable using conventional forms of therapy. Now it is known to be a highly treatable disorder using behavior therapy. Drs. Foa and Wilson, internationally known authorities on the treatment of anxiety disorders, have developed a revolutionary self-help program that can help relieve crippling obsessions and compulsions. In *Stop Obsessing!* you will discover: A series of questionnaires to help you analyze the severity of your obsessions and compulsions. An initial self-help program to overcome milder symptoms and reduce more severe cases. The most effective way to help you let go of your obsessions and gain control over your compulsions. An intensive three-week program for anyone who spends more than two hours a day on obsessions or rituals. Expert guidance in determining whether you need the added help of a professional. *Stop Obsessing!*'s powerful and reliable techniques have helped thousands of patients with OCD reduce or eliminate unwanted thoughts and rituals. Today, you or someone you love can recover and lead a normal life, free of excessive fears and worries. So why wait?"

"By far the best self-help book for people with obsessions and compulsions that I have ever read. Unusually clear, exceptionally precise, and immensely practical" --Albert Ellis, Ph.D., President, Institute for Rational-Emotive Therapy, and author of *A New Guide To Rational Living*.

From the Inside Flap

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Bernice Capps:

This Stop Obsessing!: How to Overcome Your Obsessions and Compulsions (Revised Edition) tend to be reliable for you who want to be a successful person, why. The key reason why of this Stop Obsessing!: How to Overcome Your Obsessions and Compulsions (Revised Edition) can be one of the great books you must have is usually giving you more than just simple looking at food but feed you actually with information that might be will shock your preceding knowledge. This book is definitely handy, you can bring it just about everywhere and whenever your conditions in the e-book and printed people. Beside that this Stop Obsessing!: How to Overcome Your Obsessions and Compulsions (Revised Edition) giving you an enormous of experience like rich vocabulary, giving you trial of critical thinking that we all know it useful in your day task. So , let's have it appreciate reading.

Suanne Barnwell:

A lot of people always spent all their free time to vacation or even go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent all day every day to reading a reserve. The book Stop Obsessing!: How to Overcome Your Obsessions and Compulsions (Revised Edition) it is quite good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. In the event you did not have enough space to create this book you can buy the particular e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not too costly but this book offers high quality.

Michael Clark:

The book untitled Stop Obsessing!: How to Overcome Your Obsessions and Compulsions (Revised Edition) contain a lot of information on that. The writer explains her idea with easy method. The language is very straightforward all the people, so do not worry, you can easy to read this. The book was authored by famous author. The author brings you in the new era of literary works. You can easily read this book because you can please read on your smart phone, or gadget, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open their official web-site as well as order it. Have a nice learn.

Judy Yelle:

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