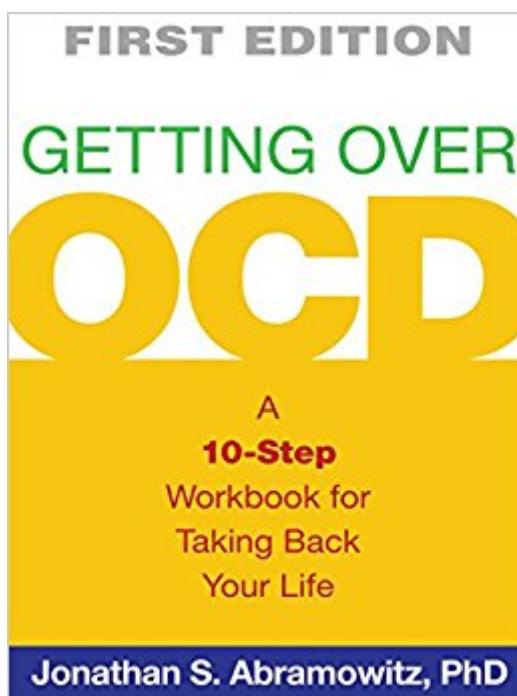


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# Getting Over OCD: A 10-Step Workbook For Taking Back Your Life (The Guilford Self-Help Workbook Series)



## Synopsis

Just imagine: No more obsessional thoughts and compulsive behaviors. No more planning your day around avoiding certain situations. You can get over OCD--and join the thousands of people who are living freer, happier lives thanks to the clinically proven strategies in this book. Noted OCD specialist Dr. Jonathan Abramowitz provides the information, support, and practical tools you need to: \*Understand your obsessions, compulsions, and rituals\*Develop a customized action plan\*Take gradual steps to safely confront--and master--the situations you avoid\*Find relief from intrusive thoughts, no matter how distressing\*Overcome compulsion urges\*Reduce anxiety and improve your relationshipsBased on cognitive-behavioral therapy, the most effective treatment for OCD, the workbook's carefully sequenced exercises are illustrated with detailed examples. Ready to get over OCD? Your journey starts here.

Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

## Book Information

Series: The Guilford Self-Help Workbook Series

Paperback: 307 pages

Publisher: The Guilford Press (April 29, 2009)

Language: English

ISBN-10: 1593859996

ISBN-13: 978-1593859992

Product Dimensions: 0.8 x 8 x 10.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 32 customer reviews

Best Sellers Rank: #50,160 in Books (See Top 100 in Books) #15 in Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #35 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Mental Health #48 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior

## Customer Reviews

"OCD can make you feel alone, misunderstood, and trapped. With Getting Over OCD, all that will change. Dr. Abramowitz, a world renowned expert, coaches you through a program that can free you from your struggle with obsessions and compulsions. He doesn't soft-pedal the work required--you're up against a powerful challenger. But his warm and reassuring voice, coupled with a comprehensive, scientifically proven, step-by-step format, will keep you supported and

motivated."--Reid Wilson, PhD, author of *Don't Panic* "A top clinician has drawn on his extensive research to produce this first-rate self-help book. The techniques and steps clearly outlined here can help you significantly decrease your OCD symptoms. Dr. Abramowitz offers himself as your coach, and his positive, encouraging style will serve you well."--Michael A. Jenike, MD, Department of Psychiatry, Harvard Medical School "Abramowitz uses his vast knowledge of the subject and years of clinical experience to gently but firmly take the reader by the hand and lead them into battle against their OCD....He has written a workbook that is meaningful, yet explains complex topics in an easy-to-understand manner. Abramowitz has also sprinkled in just the right amount of humor in just the right places throughout his book. Everything someone needs to learn to overcome OCD is provided in the workbook. Nothing is missing....All of the basics are provided in this workbook and taught by one of the leading experts in the field." (OCD Newsletter 2009-05-01)

Jonathan S. Abramowitz, PhD, is Professor and Associate Chair of Psychology, Research Professor of Psychiatry, and Director of the Anxiety and Stress Disorders Clinic at the University of North Carolina at Chapel Hill. Dr. Abramowitz founded and directed the OCD and Anxiety Disorders Program at the Mayo Clinic in Rochester, Minnesota. An award-winning researcher, he serves on the Scientific Advisory Board of the International Obsessive-Compulsive Disorder Foundation and is Editor-in-Chief of the *Journal of Obsessive-Compulsive and Related Disorders*. He lives in Chapel Hill with his wife and two daughters.

I have been going to a psychiatrist since 2007. I am 28. I have been diagnosed with ocd and I am still on meds. I've tried various self-help stuff. My last effort was completing the attacking anxiety program from the Midwest center. I am in talk therapy now, but that is only vaguely helpful. Whether you think you have ocd or ocpd, use this book. As it later states, everyone has scary thoughts. OCD is just extreme anxiety. Everyone could benefit from this book I am sure. I made it to step eight before starting over, because I did too much exposure at once, producing an awful backslide. Now I'm back on the horse. I restarted this book. I read ten minutes each day and make notes. I periodically review the notes for each day. It sucks having to face my fears, but I love the freedom. My doctor is great, but this book grounds me in reality in between the visits. Getting over anxiety and depression is hit and miss, trial and error. It is a life-long process. But stress is necessary for survival. If you keep trying, one should succeed. Even if you have doubts, do something. One percent of happiness is better than doing nothing at all. The book also says to have faith and learn

to deal with uncertainty. I'm not religious or spiritual, but I have faith that nature will guide me through this. Now if you'll excuse me, I've some rituals to do, for tomorrow is a new day, full of opportunities for gradual exposure and a lot of discomfort. :) Best of luck to you all.

My counselor actually introduced this book to me. We took a step or two each session. I ended up buying it because I knew I would want to reference it in the future--it's that good. The first few chapters were so informative. It was like example after example was my life. I couldn't find anything like this in an internet article. This book completely understands me! I'm on step 6. I plan on finishing, but step 6 is when you really face your anxiety (exposure). Phew... I'm going to do this :) I would really recommend that you go through this book with a professional, though, like the author suggests. I don't think it would have helped as much without my counselor. I give this four stars because I haven't finished the book...but that's because of my own personal issues and not really the book's fault. (You've got to do the work!) Even if you can't get a therapist, I would recommend this book to anyone who feels like they might be OCD. If anything, it will just validate that you really do have a problem and that you aren't crazy. For that reason, this book has greatly improved my life.

This book gave me more compassion and understanding about OCD. I have several family members who have this OCD, and I have learned how to be with them, and work with them without being critical. It is something they cannot help, we as a friend, or family member can make their lives easier with our attitude toward them. a very insightful read!

Very helpful guide for treatment planning in my professional psychology practice.

This book includes very handy tools for patients that can be applied by clinicians in their practice with clients that suffer from OCD!!

An excellent, straight forward, thorough, and practical self-help guide for individuals with OCD from a renowned expert in the field. Highly recommended for use as a self-help tool as well as a guide for practitioners treating OCD.

Excellent book. I use it as a reference and resource for my clients who suffer with OCD. Best workbook for OCD!

Wanted it for clients but a little too meaty in terms of material. Would have preferred something simpler.

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