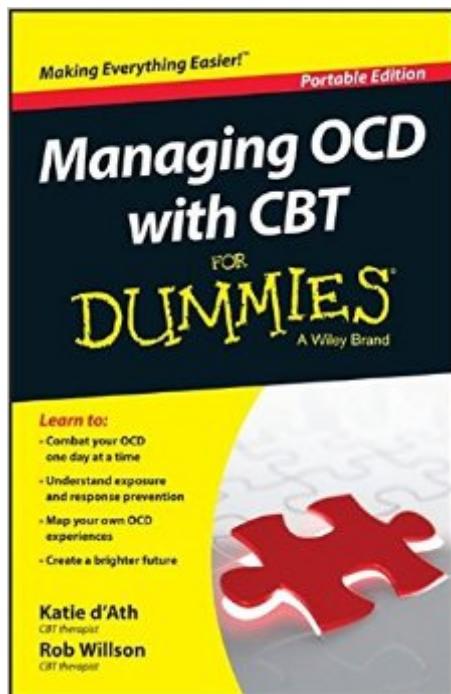


The book was found

# Managing OCD With CBT For Dummies



## Synopsis

Break the chains of OCD with Cognitive Behavioural Therapy Are you suffering from Obsessive Compulsive Disorder (OCD)? You're not alone. Whether you've tried countless treatments or are seeking help for the first time, this expert, accessible guide is your beacon of hope for breaking the chains of this crippling disorder. *Managing OCD with CBT For Dummies* uses mindfulness-based Cognitive Behavioural Therapy (CBT) to eradicate OCD from your day-to-day life. Through clear and sensitive direction, you'll find out how to identify and correct negative thought patterns, confront your problems with positive solutions and recognise the power of cognitive thinking. Once a term only used by psychologists and counselors, CBT is now in common use and has become the preferred treatment method for a variety of psychological issues, including anxiety and depression, self-esteem, eating disorders, addiction, and many others. If you're planning on trying it on its own or in conjunction with other types of therapies, you'll be heartened to know that a staggering 75% of people with OCD are significantly helped by CBTâ "which is why it remains the treatment of choice for tackling the disorder by the National Institute for Health and Clinical Excellence (NICE).

Demonstrates how CBT encourages new thinking patterns to combat destructive thought tendencies Explains the causes and symptoms of OCD Shows you how to use CBT to modify everyday thoughts and behaviours with the aim of positively influencing your emotions Illustrates the importance of facing your fears and offers positive strategies on exposure therapy There's no need to let OCD continue to control your life. This how-to guide helps you break down the negative patterns that have been keeping you hostageâ "and allows you to build a positive future free of the hold of OCD.

## Book Information

Series: For Dummies

Paperback: 168 pages

Publisher: For Dummies; 1 edition (April 25, 2016)

Language: English

ISBN-10: 1119074142

ISBN-13: 978-1119074144

Product Dimensions: 5.6 x 0.4 x 8.5 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #379,952 in Books (See Top 100 in Books) #67 inÂ Books > Health, Fitness &

Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #372 in Books >

Health, Fitness & Dieting > Mental Health > Compulsive Behavior #451 in Books > Health,

Fitness & Dieting > Mental Health > Anxiety Disorders

[Download to continue reading...](#)

Managing OCD with CBT For Dummies OCD: Take CONTROL of Obsessive-Compulsive Behavior for good!: A guide to how to free yourself from Obsessive Compulsive Disorder (OCD). (OCD, Obsessive ... Brain Lock, Delivered from Distraction) Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Managing Research, Development and Innovation: Managing the Unmanageable Managing Contraception 2016, Limited Edition (Ziemer, Managing Contraception for your Pocket) Mushrooms: A New Ultimate Guide to Growing Mushrooms at Home For Dummies: (Mushroom Farming, How to Grow Oyster Mushrooms, Edible Mushrooms) (Farming For Dummies, Gardening For Dummies Book 2) CBT for Chronic Pain and Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing The CBT Art Activity Book: 100 illustrated handouts for creative therapeutic work Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions CBT for Psychosis: A Symptom-based Approach (The International Society for Psychological and Social Approaches to Psychosis Book Series) Trauma-Focused CBT for Children and Adolescents: Treatment Applications Psychology: Hypnosis and Mind Control to Overcome Stress, Anxiety, Depression, & Finally Recover Your Happiness (Positive Thinking, Body Language, NLP, Mind Reading, CBT, Hypnosis Sex, Brainwashing) Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People (Gremlin and Thief CBT Workbooks) Doing CBT: A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) Cognitive Behavioral Therapy (CBT): 9 Powerful Techniques to Cure Negative Thoughts, Anxiety & Depression [\*\*FREE GIFT\*\* Instant Transformational Hypnotherapy Masterclass] Doing CBT Mindfulness-integrated CBT for Well-being and Personal Growth: Four Steps to Enhance Inner Calm, Self-Confidence and Relationships Modular CBT for Children and Adolescents with Depression: A Clinician's Guide to Individualized Treatment CBT for Depression in Children and Adolescents: A Guide to Relapse Prevention

[Dmca](#)