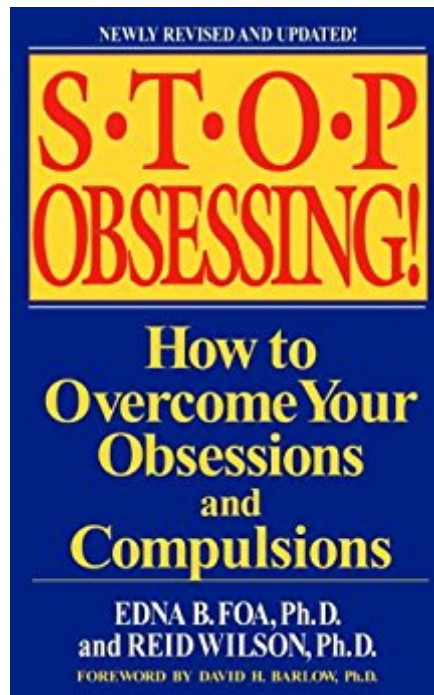


The book was found

# Stop Obsessing!: How To Overcome Your Obsessions And Compulsions



## Synopsis

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

From the Trade Paperback edition.

## Book Information

File Size: 1338 KB

Print Length: 272 pages

Publisher: Bantam; Revised edition (November 4, 2009)

Publication Date: November 4, 2009

Sold by: Random House LLC

Language: English

ASIN: B002WJM56O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #90,662 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #16 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Compulsive Behavior #20 in Books > Health, Fitness & Dieting >

## Customer Reviews

I have OCD and didn't understand what I had or how to treat it. I was treated with medication for 5 years and had to go off it because of liver problems all the while not understanding the kind of OCD I have. I had a relapse about 10 months later and really struggled for answers. I discovered the self help books here at [and](#) found this book. I am a pure obsessive and ritual thinker and never scored high on any OCD test. This book helped me understand what I have, how to treat it, and has specific suggestions on developing a CBT program that works for me. It has been such a great help to me I can't begin to tell you. I really recommend this book to all OCD sufferers but especially to you pure obsessives as there is not much out there for us. I read three books and this was by far the best.

I had never allowed myself to seriously think that I had OCD, I was just a little quirky, I thought. What I had was a mild range of compulsions that relieved my anxiety - counting (silently) by twos to twenty, constantly rechecking to see if I'd locked the house, the car, turned off my headlights, feeling obligated to read anything that even slightly interested me (and most things did, because what if there was something in that particular book that I needed to know?), mentally repeating words I'd hear, and all the while I'd think something wrong here. Well, anyway, among the solutions I've found have been in this book. Train yourself to reduce the compulsions (mine distracted me from my real fears), it can be done. There may be not cure but there is effective management.

After our son was diagnosed with OCD we went from one doctor to another. This book actually gave us strategies we do in our family to help him. He is finally coming around to a more normal way of life and is getting a grip on knowing how to divert his thoughts away from his obsessions.

I've read many books on OCD - I've been a sufferer since I was a child. This is definitely the best one yet! It offers so much hope: strategies for postponing compulsive actions, quizzes and checklists, etc. I have even tried a few, and they actually worked!! That's a new one for me. YOU definitely feel as if you can get help from this book. I congratulate the author - she must be an amazing therapist!

I've read many good books about OCD, but this is the one that offers the best help for those called

"pure obsessionals".

The book describes a host of obsessive/compulsive behaviors together with strategies to overcome them. For instance, washers tend to clean their hands multiple times, take many showers and repeat actions obsessively or due to sheer habit. Repeaters tend to repeat actions compulsively until they are performed perfectly or to the perceived satisfaction of the person with "a repeater" behavioral trait. Hoarders tend to gather "things" out of a fear of discarding something valuable. The hoarder may keep every possession ever owned for fear of throwing out a single valuable thing. Hoarders never consider the opportunity cost of space. As a self-help book, the authors identify classic situations that trigger these unhealthy behaviors. Once identified, specific strategies are provided to combat the undesired behaviors/behavioral traits. A strength of this book is that it helps you to conquer a host of unhealthy demons which trigger neurotic retaliatory responses. The authors encourage readers to act contrary to these destructive proclivities every time they surface. The book is worth the price charged-many times over. The issues addressed are rarely talked about or admitted to during the conduct of public discourse. This book provides readers with a private forum to discover their eccentric behaviors without the penalty of public chastisement or derision. The book is recommended highly for this purpose alone.

On the advise of my sister, I am purchaing this book today. You may ask yourself, how can I rate this book 5-star if I have not read it yet. Well, my sister has on the advice of her therapist. With the help of her therapist and working through the exericses in this book, she has overcome most of her obsessions (in under 1 year). Personally, I cannot wait to dive in. I am looking forward to the freedom away from my obsessions and compulsions. The biggest one is germs, followed by a range of other "quirks". Good Luck to you all. OCD can be beaten!

OCD can be a devastating blow to the flow of everyday life. I know because I have it. This book covers all areas of OCD. From hoarders, to obsessive thinkers and worriers. This book can shed light on a subject that affects 2.5% of the population. This book is an invaluable piece of literature.

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

Stop Obsessing!: How to Overcome Your Obsessions and Compulsions (Revised Edition) Stop Obsessing!: How to Overcome Your Obsessions and Compulsions The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Change Your Habits Change Your Life:

Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) How To Stop Worrying and Start Living - What Other People Think Of Me Is None Of My Business: Learn Stress Management and How To Overcome Relationship Jealousy, Social Anxiety and Stop Being Insecure Marriage: How To Rescue Your Marriage: Proven Advice To Help Overcome Conflicts And Save Your Marriage Forever (Marriage Help, Marriage Advice, Overcome Conflicts, Marriage Book) Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking) Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions Be Your Best: Overcome Fear, Stop Procrastinating, Rewire Your Brain and Create Positive Change with Hypnosis and Meditation The Gift of Our Compulsions: A Revolutionary Approach to Self-Acceptance and Healing Self-Defeating Behaviors: Free Yourself from the Habits, Compulsions, Feelings, and Attitudes That Hold You Back Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Obsessions, Rituals and Wasted Time: Living with Obsessive Compulsive Disorder and Waiting for God to Come to the Rescue Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Why Can't My Child Stop Eating?: A Guide to Helping Your Child Overcome Emotional Overeating

[Dmca](#)