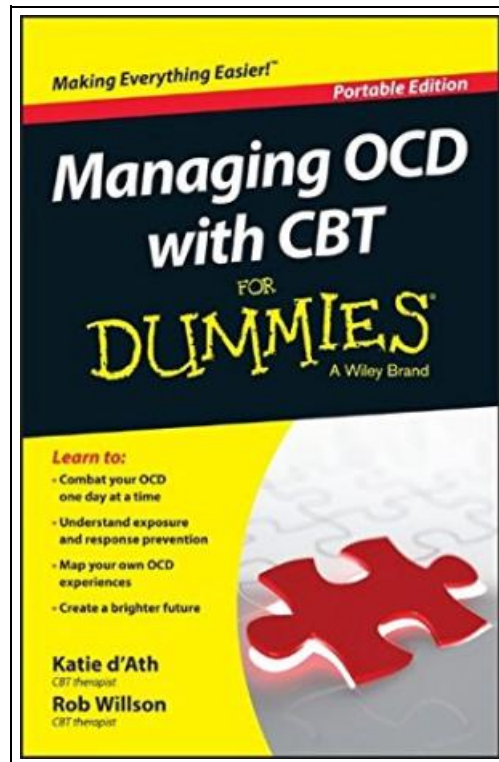


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Reviews

It is great and fantastic. Better than never, though I am quite late in starting to read this one. It has been written in an extremely simple way and is particularly only right after I finished reading this ebook where it actually changed me, affected the way I really believe.

(Orin Blick)

MANAGING OCD WITH CBT FOR DUMMIES (PAPERBACK)



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John Wiley Sons Inc, United States, 2016. Paperback. Condition: New. Portable Edition. Language: English . Brand New Book. 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 CBT 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 tendenciesExplains the causes and symptoms of OCDSShows you how to use CBT to modify everyday thoughts and behaviours with the aim of positively influencing your emotionsIllustrates 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 hostage and allows you to...



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