

The Complete Guide To Overcoming Ocd: (ebook Bundle) - , Rob Willson

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The bestselling self-help guide Overcoming Obsessive Compulsive Disorder has been combined with Taking Control of OCD: Inspirational stories of hope and recovery to offer the reader an effective and appealing self-help package. These two titles not only set out practical techniques to overcome obsessive Compulsive Disorder (OCD), but offer inspiration to the reader to confront the challenges they may face on the road to recovery. Overcoming Obsessive Compulsive Disorder is based on Cognitive Behavioral Therapy (CBT), an evidence-based therapy recommended by the NHS. It provides: -Useful information about the disorder -A step-by-step self-help programme based on CBT Taking Control of OCD contains real-life stories written by those with first-hand experience of OCD. Each story has been especially selected by Dr David Veale and Rob Willson and together they reflect the broad range of different experiences and stories of OCD. Each story sheds light on the condition, and offers powerful insights into what helps and, most importantly, inspiration to those trying to beat it. Author: Veale, David Author: Willson, Rob Publisher: Robinson Illustration: N Language: ENG Title: The Complete Guide to Overcoming OCD: (ebook bundle) Pages: 00300 (Encrypted EPUB) On Sale: 2013-01-18 SKU-13/ISBN: 9781472106452 Category: Psychology : Cognitive Psychology

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