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Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT By Dr. Fiona Challacombe , Dr. Victoria Bream Oldfield, and Professor Paul Salkovskis Books , Treatment Guides A practical guide by three leading cognitive behavioral therapy experts, enabling sufferers to make sense of their symptoms, and to follow a simple plan to help conquer obsessive-compulsive disorder (OCD).

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Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT: Authors: Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis: Publisher: Random House, 2011: ISBN: 1446491846,...

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Break free from OCD. £ 14.99. " My number one recommendation for an OCD self-help book. " . – Ashley Fulwood, Chief executive of OCD-UK, August 2011. This book offers an extensive and practical guide to overcoming OCD through cognitive behavioural therapy (CBT). Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and ...

~~Break free from OCD | OCD-UK~~

OCD is one of the most common mental health conditions and is thought to affect 2-3% of the UK population at a clinical level, while many more may experience some symptoms which interfere with their life. Written by three experts in the field of Cognitive Behavioural Therapy (CBT), Break Free From OCD helps us understand OCD and provides an approach to overcoming the disorder.

~~Break Free from OCD: Overcoming Obsessive Compulsive ...~~

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~~Overcoming Harm OCD | NewHarbinger.com~~

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Challacombe F., Bream Oldfield V. and Salkovskis P., Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT, Vermilion, London, 2011.
This is a practical guide to what OCD is, how OCD has such a grip on sufferers, and how to break the cycle.

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