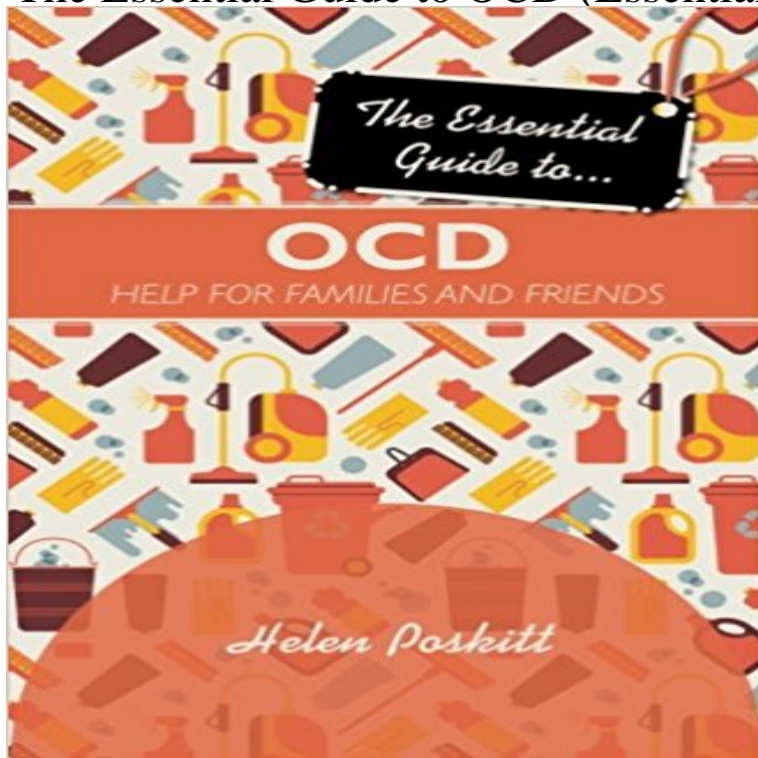


The Essential Guide to OCD (Essential Guides)



This practical guide enables families, carers and friends to provide invaluable support for those with OCD. It aims to inform those living alongside OCD about the condition and to provide clear and compassionate strategies for them. With a new understanding, readers will also be able to cope better with OCD manifestations, and the commonly experienced emotions such as bewilderment, frustration and sadness will gradually disappear. This book includes interviews with those at the rock-face: relatives, friends and colleagues of those with OCD. The latest medical advances and effective treatments, such as CBT are explored, with insight from mental health professionals.

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