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Obsessive

Compulsive Disorder

For Dummies

Defining Obsessive-
Compulsive Disorder,

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Obsessive

Compulsive

or OCD People with

OCD (obsessive-

compulsive disorder)

have recurring

obsessions — intrusive

thoughts, images, or

urges that are

disturbing and cause

distress. OCD sufferers

also have compulsions

— actions or words

they use to reduce the

distress brought on by

their obsessive worries.

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Arguably one of the most complex emotional disorders, Obsessive Compulsive Disorder is surprisingly common. Furthermore, most people at some time in their lives exhibit a smattering of OCD-like symptoms. Obsessive Compulsive Disorder For Dummies sorts out the otherwise curious and confusing world of obsessive

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compulsive disorder.

Engaging and

comprehensive, it

explains the causes of

OCD and describes the

rainbow of OCD

symptoms.

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Disorder For Dummies Cheat Sheet People with OCD (obsessive-compulsive disorder) have

recurring obsessions — intrusive thoughts, images, or urges that are disturbing and cause distress. OCD sufferers also have compulsions — actions or words they use to reduce the distress brought on by their obsessive worries.

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**Defining Obsessive-
Compulsive
Disorder, or OCD -
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Part of Obsessive-
Compulsive Disorder
For Dummies Cheat
Sheet OCD (obsessive-
compulsive disorder)
can be categorized in
quite a few ways, and
no clear consensus
exists among
professionals.

However, the following
list shows some of the
most common forms

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that this strange
disorder takes:

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**The Many Forms of
OCD - dummies**

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Part of Obsessive-Compulsive Disorder For Dummies Cheat Sheet If you live with OCD (obsessive-compulsive disorder), you may feel frustrated, isolated, and just plain strange. Keep the following facts in mind, or on a card to carry with you, as you go about your daily life:

Tips for Living with

Page 13/27

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OCD - dummies

Obsessive-compulsive disorder (OCD) features a pattern of unwanted thoughts and fears (obsessions) that lead you to do repetitive behaviors (compulsions). These obsessions and compulsions interfere with daily activities and cause significant distress. You may try to ignore or stop your obsessions, but that only increases your

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distress and anxiety.

Disorder For

**Obsessive-
compulsive disorder
(OCD) - Symptoms
and causes ...**

Freedom from
Obsessive-Compulsive
Disorder provides Dr.
Jonathan Grayson's
revolutionary and
compassionate
program for finally
breaking the cycle of
overwhelming fear and
endless rituals,
including: Self-

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assessment tests that
guide readers in
identifying their
specific type of OCD
and help track their
progress in treatment
Case studies from ...

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The book OCD for
Dummies is instructive
and informative. It
stays close to
empirically validated

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treatment strategies. Anyone who reads this book will find themselves more empowered with knowledge about OCD and have numerous useful tools to reduce their OCD symptoms. It is a good resource to have in any OCD information library.

Book Review:
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Arguably one of the most complex emotional disorders, Obsessive Compulsive Disorder is surprisingly common. Furthermore, most people at some time in their lives exhibit a smattering of OCD-like symptoms. "Obsessive Compulsive Disorder For Dummies" sorts out the otherwise curious and confusing world of obsessive compulsive disorder.

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OCD-like...

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Many with OCD don't realize the un-invited thoughts in their minds and the compulsive behaviors they have doing...might be eliminated and remove a lot of trauma and wasted time from their lives. Because of their OCD, victims may have

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Dummies
encountered rude,
mean people who
treated them like they
were crazy.

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