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**medications and  
shows readers  
how they can  
calm their  
impulses  
through  
techniques  
drawn from  
acceptance and  
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therapy and  
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**behavioral  
therapy.  
The OCD  
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break the bonds  
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symptoms and  
regain the hope  
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approaches to**

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**understanding  
and managing  
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The OCD  
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**obsessive  
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keep you from  
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**from ...**  
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**Pedrick R.N. is**  
**the first book**

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**written about Obsessive-Compulsive Disorder that I have ever read that provides information in five key areas consolidated into one text.**

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**directed  
program to help  
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**with the tools  
and inspiration  
to free yourself  
from the  
distress of OCD  
and regain  
control over  
your life.**

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Cherry Pedrick**

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**symptoms.  
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**book presents  
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**intensive, self-directed program to help you overcome crippling obsessions and compulsions. Using real-life stories of other OCD sufferers, this step-by-step guide provides**

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**you with the  
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Hyman (ebook)  
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neurosurgery and new medications and a new chapter on day-to-day coping strategies for people with OCD.

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"In The OCD  
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will find this book to be clearly written, easy to understand, and, most importantly, very user-friendly.

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guidance and an intensive, self-directed program to help you overcome crippling obsessions and compulsions. Using real-life stories of other OCD sufferers, this step-by-step

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