



Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder

Timothy Sisemore PhD

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You may not know anyone else who suffers from repetitive “stuck” thoughts and compulsive rituals, but plenty of other teens experience symptoms of obsessive-compulsive disorder (OCD): the need to repeatedly wash their hands, check to make sure everything’s okay, count possessions, put things in order, or even repeat thoughts over and over. Rituals like these may calm you down when you’re feeling stressed or anxious, but you know all too well that the relief is temporary and you’ll have to repeat the ritual when you start feeling uneasy again. This cycle can make you feel trapped, but also may seem impossible or even frightening to break.

Free from OCD offers forty easy cognitive behavioral exercises to help you move past your symptoms and live freely and flexibly, without fear. You’ll finally be able to stop compulsive thoughts in their tracks and keep them from coming back.

This book helps you learn to:

- Notice when thoughts are based in reality and when they’re exaggerated
- Recognize and neutralize situations that trigger your symptoms
- Make friends and feel more confident in social situations
- Use relaxation techniques instead of falling back on your rituals

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Leroy Mallett:

Reading can called brain hangout, why? Because if you find yourself reading a book specifically book entitled Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder your brain will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely will end up your mind friends. Imaging every single word written in a reserve then become one form conclusion and explanation that will maybe you never get previous to. The Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder giving you another experience more than blown away the mind but also giving you useful data for your better life in this era. So now let us teach you the relaxing pattern the following is your body and mind will likely be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary paying spare time activity?

Michael Palmateer:

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Travis Mahon:

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