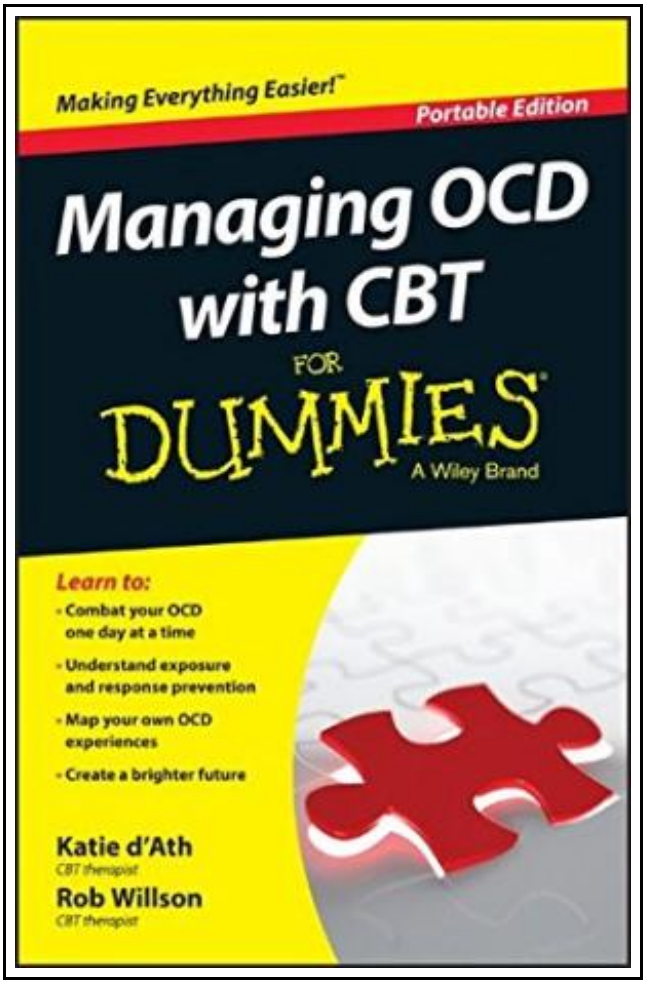
Managing OCD with Mindfulness For Dummies



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Reviews

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John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Managing OCD with Mindfulness For Dummies, Rob Willson, Katie d'Ath, Joelle Jane Marshall, Break the chains of OCD with Cognitive Behavioural Therapy Are you suffering from Obsessive Compulsive Disorder (OCD)? You're not alone. Whether you've tried countless treatments or are seeking help for the first time, this expert, accessible guide is your beacon of hope for breaking the chains of this crippling disorder. Managing OCD with CBT For Dummies uses mindfulness-based Cognitive Behavioural Therapy (CBT) to eradicate OCD from your day-to-day life. Through clear and sensitive direction, you'll find out how to identify and correct negative thought patterns, confront your problems with positive solutions and recognise the power of cognitive thinking. Once a term only used by psychologists and counselors, CBT is now in common use and has become the preferred treatment method for a variety of psychological issues, including anxiety and depression, self-esteem, eating disorders, addiction, and many others. If you're planning on trying it on its own or in conjunction with other types of therapies, you'll be heartened to know that a staggering 75% of people with OCD are significantly helped by CBT which is why it remains the treatment of choice for tackling the disorder by the National Institute for Health and Clinical Excellence (NICE). * Demonstrates how CBT encourages new thinking patterns to combat destructive thought tendencies * Explains the causes and symptoms of OCD * Shows you how to use CBT to modify everyday thoughts and behaviours with the aim of positively influencing your emotions * Illustrates the importance of facing your fears and offers positive strategies on exposure therapy There's no need to let OCD continue to control your life. This how-to guide helps you break down the negative patterns that have been...

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