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VanderMarliere-McCracken**

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Book Category: Self-help > Motivational & Inspirational Author: Karen A. VanderMarliere-McCracken  
Editor: Inspired Editing Services Binding: e-book

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The OCD Workbook: Breaking Free from OCD Your Guide to Breaking Free from Obsessive-Compulsive Disorder. By Bruce M. Hyman, Ph.D. and Cherry Pedrick, R.N.

### **Making and breaking compulsive behaviour**

I have had OCD since I was 15yrs,,I am now 65. I has affected my life drastically. Much of my younger years were hell as I thought I was going mad.

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Jul 07, 2009 During CBT for obsessive-compulsive disorder, a therapist would help the person with OCD confront their thoughts How to break ocd habits?

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Freeing Your Child from Obsessive-Compulsive Disorder, Tamar E. Chansky, Ph.D. Three Rivers Press, 2001 Click here to buy this book What is OCD?

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May 21, 2014 Follow ABC's David Muir's five-year journey with children treated for OCD on Friday at 10 p.m. ET

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Cherry Pedrick is the co-author of The OCD Workbook, with Bruce M. Hyman, PhD. Her website is designed to share her stories as well as hope for others with OCD.

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We aim to bring the facts about obsessive compulsive disorder to the public and to support those who suffer from this often debilitating anxiety disorder.

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we end up with a problem known as obsessive-compulsive disorder These studies were all fascinating, and breaking new ground, [Kindle Edition]

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