



Obsessive-Compulsive Disorder For Dummies

By Charles H. Elliott, Laura L. Smith

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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. Engaging and comprehensive, it explains the causes of OCD and describes the rainbow of OCD symptoms. The book shows readers whether OCD symptoms represent normal and trivial concerns (for example, a neat freak) or something that should be checked out by a mental health professional (for example, needing to wash hands so often that they become raw and red). In easy to understand steps, the authors lay out the latest treatments that have been proven to work for this disorder, and provide practical and real tools for living well long-term. Whether you or someone you care about has this disorder, *Obsessive Compulsive Disorder For Dummies* gives you an empathic understanding of this fascinating yet treatable mental disorder.

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Editorial Review

From the Back Cover

Understand OCD, get the help you need, and start feeling better

Are you — or is someone you love — struggling with OCD? This reassuring, comprehensive guide explains this disorder in clear language, providing the latest information on treatment to help you in the journey from diagnosis to recovery. You'll find the motivation you need to change, tips for handling day-to-day life, and the best ways to offer support to loved ones.

- Learn the ins and outs of OCD — its causes, various forms, symptoms, and the major approaches to treatment
- Improve your way of thinking — connect the dots between triggers, thoughts, and feelings, and dismantle OCD beliefs
- Undo OCD behavior — identify your fears, open yourself to change, delay or alter rituals, and handle setbacks
- Evaluate medications — discover the pros and cons, explore the options, and know when to combine, decrease, or stop medications
- Manage the OCD mind — accept negative thoughts and feelings and connect with the here and now
- Target specific symptoms — from doubting and checking to symmetry and counting to shame and superstitious thinking, apply techniques for overcoming various types of OCD
- Assist others with OCD — recognize symptoms in children and find professional help, support family and friends, and reinforce the right things

Open the book and find:

- Plain-English explanations of the disorder and its symptoms
- The difference between obsessions and compulsions
- Ways to change OCD thinking and behavior
- How to choose the right mental-health professional
- The latest scientifically based research on treatment
- Tools to help track progress
- The warning signs of relapse and how to handle it
- Tips on treating OCD-related disorders

Users Review

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Aaron Tyler:

The book Obsessive-Compulsive Disorder For Dummies can give more knowledge and information about everything you want. Exactly why must we leave a very important thing like a book Obsessive-Compulsive Disorder For Dummies? Several of you have a different opinion about guide. But one aim that will book can give many information for us. It is absolutely proper. Right now, try to closer using your book. Knowledge

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Kelsey Dehart:

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Cleta Blackwell:

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Kimberly Duda:

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