

OCD

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Synopsis

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This book consists of three titles, which contain the following information:

Title 1: OCD is more common than you think. Therefore, itâ€™s important and useful to educate yourself about it. One of the best ways you can do this is by listening to a book that explains all the details, the things to look for, and answers a myriad of questions people have asked about it.

This is exactly what this book will provide you: the means to comprehend the disorder better, and to figure out the best solutions that are applicable to you or someone else who has it. In this guide, youâ€™ll find helpful tips about parenting those with OCD, other related disorders that could be involved, or the causes and theories about the disorder in general.

On top of that, the very nature of obsessions and compulsions is described intricately, as well as the cerebral causes and factors that attribute to the condition.

Title 2: When people are diagnosed with OCD, it doesnâ€™t always come as a surprise. With others, it may be more of a shock. However, when we look at the symptoms and the influences that affect such people, it may not be any wonder that it is more prevalent than many have assumed it to be. OCD is a very real, common disorder that knows variations in severity and randomness. Some people are obsessed with cleaning, while others canâ€™t stop double-checking locks, organizational spaces, or items.

With this elaborate guide, you will become more familiar with the compulsions, the obsessive behavior, and the main types of OCD patients that exist, as classifications indicate. Some people have observed how different theories about and views on the disorder can positively or negatively affect it. We will cover some of those as well.

Therapy can be useful, as long as it is applied effectively. Hence, we will go over some of the most common and effective therapy forms to enlighten you with further knowledge.

Title 3: In this book, specific aspects of OCD will be highlighted. The pathology and compulsive motives behind an obsession arenâ€™t

always clear to the general public, even though they are perfectly explicatory. Therefore, this guide has been put together to go into further depth. </p> <p>Sub-topics such as various sexual compulsions will be addresses. Also, the book will talk about OCD and its hereditary origin, denial from clients, medical examinations and drugs, alternative treatments, the 12-step program and its relevance, and a wide range of questions and answers. </p> <p>All in all, you will find an abundance of information about OCD and many attributing factors you may have never considered. </p> <p>For this reason, it would be good for you to take a look at the book and decide if you want to buy it. What are you waiting for? </p>

Reader's comments

comment 1:

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