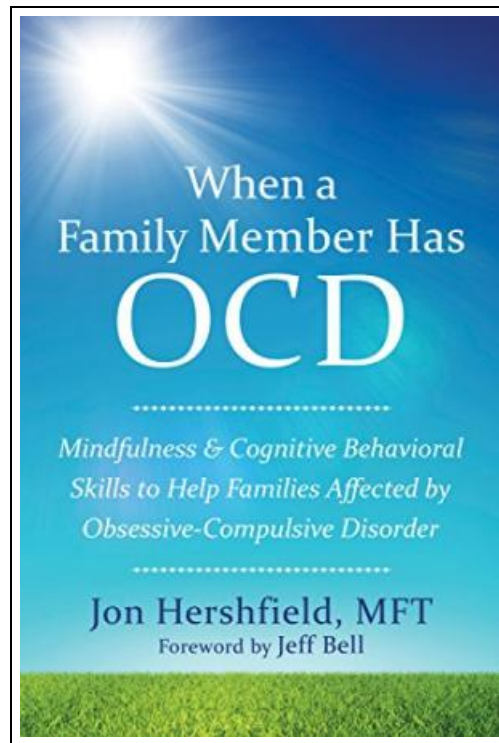


When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder (Paperback)



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Reviews


A fresh e book with a new viewpoint. It is among the most awesome ebook we have read through. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Prof. Christelle Stark III)

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New Harbinger Publications, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. If your loved one has OCD, you may be unsure of how to express your concerns in a compassionate, effective way. In When a Family Member Has OCD, you and your family will learn ways to better understand and communicate with each other when OCD becomes a major part of your household. In addition to proven-effective cognitive behavioral therapy (CBT) and mindfulness techniques, you ll find comprehensive information on OCD and its symptoms, as well as advice for each affected family member.OCD affects millions of people worldwide. Though significant advances have been made in medication and therapeutic treatments of the disorder, there are few resources available to help families deal with the impact of a loved one s symptoms. This book provides a helpful guide for your family.

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