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### **Freedom From OCD, by Jonathon Grayson, PH.D.**

Dr Grayson has been specializing in the treatment of obsessive

compulsive disorder (OCD) for more than 35 years and is a nationally recognized expert and author of Freedom from Obsessive Compulsive Disorder: a Personalized Recovery Program for Living with Uncertainty, a self-help guide for sufferers.

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**ized ...**

Freedom from Obsessive-Compulsive Disorder provides Dr. Jonathan Grayson's revolutionary and compassionate program for finally breaking the cycle of overwhelming fear and endless rituals, including: Self-assessment tests that guide readers in identifying their specific type of OCD and help track their progress in treatment

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Sometimes what appears to be suicidal ideation is actually a form of Obsessive Compulsive Disorder. There are a number of factors differentiating suicidal thoughts and suicidal obsessions, yet given the high degree of overlap, determining the scope of the problem for each individual requires a comprehensive evaluation and regular follow-up.

**Freedom from Obsessive Compulsive Disorder**

OCD affects 1 in 50 people. Experts estimate that less than 10% of those suffering receive any treatment at all. Additionally, half of those living with obsessive-compulsive disorder are misdiagnosed with a different condition. Bridging this gap begins with education - and the education this series provides is right from a world-renowned OCD ...

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Forms from Chapter 6. Found in chapter 6, the Obsessive Concerns Checklist is a self-administered survey of all the obsessive categories we could think of. Its purpose is to identify your obsessions. If you are a sufferer, you know what your main obsessions are, but we often find that sufferers have other OCD manifestations that they didn't recognize.

**Forms | Freedom From OCD**

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Freedom from Obsessive-Compulsive Disorder is my solution. I believe that OCD, when properly understood, is not a disorder of hopeless torment but one that can be overcome. Conquering OCD is hard work, but not as hard as what OCD sufferers already go through every day.

**Freedom from Obsessive Compulsive Disorder: A Personalized ...**

Freedom from Obsessive Compulsive Disorder. Nearly six million Americans suffer from the symptoms of obsessive-compulsive disorder, which can manifest itself in many ways: paralyzing fear of contamination; unmanageable "checking" rituals; excessive concern with order, symmetry, and counting; and others.

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**About | Freedom from Obsessive Compulsive Disorder**

Since that time, I have read many blogs and spoken to lots of people with obsessive-compulsive disorder, and I keep hearing variations of those same words: "I want freedom from OCD."

**Freedom from OCD - Psych Central**

Jonathan Grayson, in his book Freedom from Obsessive-Compulsive Disorder, explains that OCD sufferers develop their symptoms as an essentially sane response to the threat-assessment distortions of ...

**The "Secret Order" of Obsessive Thoughts | Psychology Today**

Summary of Steps to Freedom from Obsessive Compulsive Disorder Here are some practical yet very spiritual positions you can take when overcoming Obsessive Compulsive tendencies. 1.

**Steps to Freedom From Obsessive Compulsive Disorder ...**

Renewed Freedom Center is excited to offer a new online group specifically for adolescents, 13-17 years old who have OCD. This donation-based group will provide psychoeducation about OCD and its treatment, give space for adolescents to feel heard and supported by peers dealing with similar issues and allow peers to socialize and build a community to help one-another in beating

OCD.

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