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Newly Revised and Updated! Are you tormented by extremely distressing thoughts or persistent worries? Compelled to wash your hands repeatedly? Driven to repeat or check certain numbers, words, or actions? If you or someone you love suffers from these symptoms, you may be one of the millions of Americans who suffer from some form of obsessive-compulsive disorder, or OCD. Once considered almost untreatable, OCD is now known to be a highly treatable disorder using behavior therapy. In this newly revised edition of *Stop Obsessing!* Drs. Foa and Wilson, internationally renowned authorities on the treatment of anxiety disorders, share their scientifically based and clinically proven self-help program that has already allowed thousands of men and women with OCD to enjoy a life free from excessive worries and rituals. You will discover:

- Step-

by-step programs for both mild and severe cases of OCD • The most effective ways to help you let go of your obsessions and gain control over your compulsions • New charts and fill-in guides to track progress and make exercises easier • Questionnaires for self-evaluation and in-depth understanding of your symptoms • Expert guidance for finding the best professional help • The latest information about medications prescribed for OCD

If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. And while OCD can have a devastating impact on your life, getting real help can be a challenge. Combining mindfulness practices with cognitive-behavioral therapy (CBT), *The Mindfulness Workbook for OCD* offers practical and accessible tools for

managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts. This fully revised and updated second edition also includes new meditations, information, and chapters on emotional and mental contamination, existential obsessions, false memories, and more. If you're ready to take back your life back from OCD—and start living with more joy in the moment—this workbook has everything you need to get started right away. Being in control of your mental health and understanding your own mental health wellbeing just makes everything in life better – it's that simple. From the heart and soul of Adam Shaw, who battled OCD for decades, and the expert insight of his psychologist, Lauren Callaghan, comes the definitive recovery guide for OCD, anxiety, and related depression. This unique self-help book brings you advice and recovery tools from the separate perspectives of a leading psychologist and her patient, and gives an insight into mental health recovery and CBT techniques that you can really relate to. This new edition contains a bonus chapter on how Adam has used this approach to maintain his recovery and wellness several years on.

If you have obsessive-compulsive disorder (OCD), you may suffer from obsessive thoughts and anxiety, and use compulsions to alleviate your distress. You know, more than anyone, how debilitating this condition can be. But you may also be reluctant to start treatment due to fears and misconceptions regarding therapy—particularly exposure and response prevention (ERP) therapy. You may even think of a number of reasons not to go,

or to drop out, but if you are committed to getting better, you need to take that important step toward healing. ERP is a proven-effective treatment that can help people with OCD break free from the constraints of their disorder; however, starting treatment can feel frightening. Many people wonder what treatment will be like and how they will ever face some of their worst fears. They want to hear from others who have successfully completed therapy. In *Daring to Challenge OCD*, anxiety specialist Joan Davidson, PhD, gives a thorough overview of ERP, what to expect during treatment, and offers gentle guidance to help you finally overcome the common fears and obstacles that can stand in the way of getting the help you need. Three clients with different OCD symptoms share their personal stories and insights about OCD and treatment. If you are considering treatment, you may ask yourself, What will my therapist expect me to do? Will treatment be too difficult for me to handle? Will I be asked to do things that put me at risk? What are realistic expectations for recovery? This book will demystify treatment for OCD so that you can face your fears and start changing your life. And if you are a therapist helping clients build motivation to engage in ERP, this book offers real treatment stories and exercises for clients, making it an invaluable resource for therapists and wonderful suggested reading for clients building motivation to commit to treatment.

WASHINGTON POST TOP 50 NON-FICTION BOOK 'Extremely compelling' - The Guardian 'Searing... funny, eloquent and honest' - Psychologies 'Remarkable... I hope this book finds a wide readership' - Washington Post

– As a child, Lily Bailey knew she was

bad. By the age of 13, she had killed someone with a thought, spread untold disease, and spied upon her classmates. Only by performing a series of secret routines could she correct her wrongdoing. But it was never enough. She had a severe case of Obsessive Compulsive Disorder, and it came with a bizarre twist. This true story is from a startling new voice in non-fiction. It lights up the workings of the mind like Mark Haddon or Matt Haig. Anyone who wants to know about OCD, and how to fight back, should read this book. Immerse yourself in a new world. Reviews Model and journalist Bailey offers an authentic and stunning account of her struggle with Obsessive Compulsive Disorder in this beautifully-rendered memoir. - Publishers Weekly I laughed, I cried. I could not put this book down. Intensely moving with flashes of black humour, *Because We Are Bad* is the compelling account of one young woman's experience of Obsessive Compulsive Disorder. - Rosanna Greenstreet writes for *The Guardian* Often as chilling as Sylvia Plath's *The Bell Jar*, but also full of so much inner and external turbulence that it reminded me at times of *The Bourne Identity* and *Memento*. *Because We Are Bad* is an intense heart-rending roller coaster of a book... - Will Black, *Huffpost UK* A harrowingly honest memoir of profound psychological struggle. In her courageous book, the author offers compelling insight into the pain and destructive power of OCD as well as the resilience of a young woman determined to beat the odds. - *Kirkus Reviews* A fascinating read. It's brilliantly written; I felt inside your head - Ray D'Arcy Show, *RTE Radio 1* *Because We Are Bad* is an emotional, challenging read. Lily takes us deep into the heart of the illness but she is also a deft writer, and even the darkest moments are peppered with wit

and wry observations. - James Lloyd, *OCD-UK Remarkable*. She writes with literary poise and a gift for mordant observation and self-deprecating humor that belie her youth. I hope this book finds a wide readership. - Scott Stossel, *Washington Post* It's a fascinating read... Buy the book! Buy the book! - Jo Good, *BBC Radio London*

Gary Trosclair explores the power of the driven personality and the positive outcomes those with obsessive compulsive personality disorder can achieve through a mindful program of harnessing the skills that can work, and altering those that serve no one. If you were born with a compulsive personality you may become rigid, controlling, and self-righteous. But you also may become productive, energetic, and conscientious. Same disposition, but very different ways of expressing it. What determines the difference? Some of the most successful and happy people in the world are compelled by powerful inner urges that are almost impossible to resist. They're compulsive. They're driven. But some people with a driven personality feel compelled by shame or insecurity to use their compulsive energy to prove their worth, and they lose control of the wheel of their own life. They become inflexible and critical perfectionists who need to wield control, and they lose the point of everything they do in the process. A healthy compulsive is one whose energy and talents for achievement are used consciously in the service of passion, love and purpose. An unhealthy compulsive is one whose energy and talents for achievement have been hijacked by fear and its henchman, anger. Both are driven: one by meaning, the other by dread. *The Healthy Compulsive: Healing Obsessive-Compulsive Personality Disorder and Taking the Wheel of the Driven Personality*,

will serve as the ultimate user's guide for those with a driven personality, including those who have slid into obsessive-compulsive personality disorder (OCPD). Unlike OCD, which results in specific symptoms such as repetitive hand-washing and intrusive thoughts, OCPD permeates the entire personality and dramatically affects relationships. It also requires a different approach to healing. Both scientifically informed and practical, *The Healthy Compulsive* describes how compulsives get off track and outlines a four-step program to help them consciously cultivate the talents and passions that are the truly compelling sources of the driven personality. Drawing from his 25 years of clinical experience as a psychotherapist and Jungian psychoanalyst, and his own personal experience as someone with a driven personality, Trosclair offers understanding, inspiring stories of change, and hope to compulsives and their partners about how to move to the healthy end of the compulsive spectrum.

Now a major Channel 4 series Rose Cartwright has OCD, but not as you know it. *Pure* is the true story of her ten-year struggle with 'Pure O', a little-known form of the condition, which causes her to experience intrusive sexual thoughts of shocking intensity. It is a brave and frequently hilarious account of a woman who refused to give up, despite being undermined at every turn by her obsessions and enduring years of misdiagnosis and failed therapies. Eventually, the love of family and friends, and Rose's own courage and sense of humour prevailed, inspiring this deeply felt and beautifully written memoir. At its core is a lesson for all of us: when it comes to being happy with who we are, there are no neat conclusions.

A brave teen recounts her debilitating

struggle with obsessive-compulsive disorder—and brings readers through every painful step as she finds her way to the other side—in this powerful and inspiring memoir. Until sophomore year of high school, fifteen-year-old Allison Britz lived a comfortable life in an idyllic town. She was a dedicated student with tons of extracurricular activities, friends, and loving parents at home. But after awakening from a vivid nightmare in which she was diagnosed with brain cancer, she was convinced the dream had been a warning. Allison believed that she must do something to stop the cancer in her dream from becoming a reality. It started with avoiding sidewalk cracks and quickly grew to counting steps as loudly as possible. Over the following weeks, her brain listed more dangers and fixes. She had to avoid hair dryers, calculators, cell phones, computers, anything green, bananas, oatmeal, and most of her own clothing. Unable to act "normal," the once-popular Allison became an outcast. Her parents questioned her behavior, leading to explosive fights. When notebook paper, pencils, and most schoolbooks were declared dangerous to her health, her GPA imploded, along with her plans for the future. Finally, she allowed herself to ask for help and was diagnosed with obsessive-compulsive disorder. This brave memoir tracks Allison's descent and ultimately hopeful climb out of the depths.

'Surely only the deranged actively imagine the brutal maiming of those closest to them...' Pete Roberts was a boy just like any other. Except for the fact that he kept thinking about murdering his family with household implements...Terrified by his own thoughts, Pete joined the RAF in the hopes that he could escape his urges and apply himself to

something structured. While he didn't entirely avoid his intrusive thoughts, he defied his dyslexia to flourish in a teaching role and vowed to continue helping others to learn their craft. It wasn't until much later that Pete found the answer to his torment: he had OCD.

Thoroughly revised and updated—the go-to book for OCD sufferers who want to master their fears and take charge of their lives. The first comprehensive guide to treating obsessive compulsive disorder based on clinically proven behavioral therapy techniques, Dr. Lee Baer's *Getting Control* has been providing OCD sufferers with information and relief for more than twenty years. In the same easy-to-understand format as the original, this updated edition includes:

- Cutting-edge behavioral therapy techniques
- Breakthrough advances in neuroscience
- Brand new material on hoarding
- Expanded sections on how families can help OCD sufferers
- The latest diagnostic standards as outlined by the American Psychiatric Association
- A completely revised list of resources

OCD sufferers and their loved ones will find everything they need to assess their symptoms, set realistic goals, and create specific therapeutic exercises for managing this disorder.

If you have obsessive-compulsive disorder (OCD), chances are that your persistent obsessive thoughts and time-consuming compulsions keep you from enjoying life to the fullest. But when you are in the habit of avoiding the things you fear, the idea of facing them head-on can feel frightening and overwhelming. This book can help. The *OCD Workbook* has helped thousands of people with OCD break the bonds of troubling OCD symptoms and regain the hope of a productive life. Endorsed and used in hospitals and clinics the world over, this

valuable resource is now fully revised and updated with the latest evidence-based approaches to understanding and managing OCD. It offers day-to-day coping strategies you can start using right away, along with proven-effective self-help techniques that can help you maintain your progress. The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder. Whether you suffer with OCD or a related disorder, such as body dysmorphic disorder or trichotillomania, let this new edition of *The OCD Workbook* be your guide on the path to recovery. This new edition will help you: use self-assessment tools to identify your symptoms and their severity; create and implement a recovery strategy using cognitive behavioral self-help tools and techniques; learn about the most effective medications and medical treatments; find the right professional help and access needed support for your recovery; and maintain your progress and prevent future relapse.

"A masterfully written memoir-meets-educational-meets-inspirational tale that I couldn't put down." Ashley Smith, PhD, coauthor of *Childhood Anxiety Disorders*

A gripping memoir that gives voice to the invisible, life-destroying power of obsessive-compulsive disorder, and how one woman stood up to fear, embraced the unknown, and reclaimed her life. Even at nine years old, Shala Nicely knew there was nothing normal about the horrifying thoughts that tormented her at bedtime, or the nightly rituals she summoned to beat them back. More importantly, she knew to obey her mind's Rule #1: keep its secret, or risk losing everything and everyone she loved. It would be almost two decades before she learned the name of the menacing mon-

ster holding her hostage: obsessive-compulsive disorder (OCD). It would take years longer to piece together the keys to recovery that would change her life forever, beginning with the day she broke her monster's silence. Writing with wry wit, unflinching candor, and resounding insight, Shala takes readers on a riveting journey into the dark and dimly understood inner workings of OCD and its frequent co-conspirator, body dysmorphic disorder (BDD). Thwarted repeatedly as she struggles to escape the clutches of these formidable foes, she finally stumbles upon an unexpected path to freedom. As she journeys into the heart of fear to reclaim her life, she weaves a self-compassionate roadmap to recovery: to living in an uncertain world and being happy anyway. With an Afterword by Reid Wilson, PhD offering powerful guidance for applying Shala's strategies in daily life, *Is Fred in the Refrigerator?* will leave legions of those affected by mental illness feeling seen, understood, and empowered. "A memoir ... about all of us with this kind of mind." Jon Hershfield, MFT, author of *Overcoming Harm OCD* "One of the clearest descriptions of the experience of OCD ... you'll cry, you'll cheer, and you'll put your shoulders back with Shala as she conquers the OCD demon." Randy O. Frost, PhD, Harold and Elsa Siipola Israel Professor of Psychology at Smith College and coauthor of the New York Times bestseller *Stuff: Compulsive Hoarding and the Meaning of Things* Runner up in the Nasen and TES Special Education Needs Book Awards 2006 €. 'I feel as if I have been waiting for this book. Children and teenagers with obsessive compulsive disorder (OCD) have been asking for this book for years.' - from the foreword by Isobel Heyman. 'A fantastic achievement - as equally valu-

able as an inspiration for those with the condition and an insight for those who wish to understand it better. A brave and fascinating book.' - Jarvis Cocker, Pulp. 'Joe comes across wise beyond his years when it comes to perception of OCD and how it should be treated, not to menti.

Fourth in this successful series, this book provides individuals who suffer from repetitive, unwanted thoughts, images or impulses with information and skills they can use to reduce their distress over and preoccupation with these thoughts.

Overcoming app now available. A highly respectable and authoritative self-help guide on all the anxiety disorders: generalised anxiety disorder, health anxiety, panic, phobias, social anxiety, OCD. Edited by three leading CBT clinicians in the UK, this comprehensive guide offers individual CBT-based treatments for a wide range of anxiety problems. Each individual treatment reflects current the treatment in the UK for that anxiety disorder and is written by the clinician responsible for developing that treatment in the first place. Contributors include: Lars-Goran Ost (phobias) Dr Gillian Butler (social phobia - Gillian is the author of *Overcoming Social Anxiety & Shyness*) Anke Ehlers & Jennifer Wild (PTSD) Nick Grey & David M. Clark (panic disorder) Heather Hadjistavropoulos (health anxiety) Kevin Meares & Mark Freeston (Generalised Anxiety Disorder) Roz Shafran & Adam Radomsky (OCD) An ideal resource not only for those experiencing anxiety problems, but CBT therapists and IAPT workers.

Overcoming Anxiety has been developed as a self-help manual by Dr Helen Kennerley at her clinic in Oxford. A whole range of anxieties and fears is explained, from panic attacks and phobias to 'burn out' and executive stress. It is an indis-

pensable guide for those affected, their friends and families, psychologists and others working in the medical profession. Includes an introduction to the nature of anxiety and stress. Contains an easy-to-follow self-help program and check sheets. Is based on successful, clinically proven techniques of cognitive therapy.

'Time equals progression. Progression equals death.' This is a thought that consumes Ed Zine, a handsome, athletic, twenty-four year old. The victim of a debilitating form of obsessive compulsive disorder (OCD), Ed's illogical mind tells him that if going forward in time moves him closer to death, reversing an action will carry him away from it.

Introducing Katie, who has OCD - Obsessions - Compulsions - Avoidance - How I was diagnosed - Why have I got OCD? - How OCD affects school - How OCD affects home - How OCD affects friendships - Treatments for OCD - How family and friends can help - How I can be helped at school.

An intimate look at the power of intrusive thoughts, how our brains can turn against us, and living with obsessive compulsive disorder. Have you ever had a strange urge to jump from a tall building or steer your car into oncoming traffic? You are not alone. In this captivating fusion of science, history, and personal memoir, David Adam explores the weird thoughts that exist within every mind, and how they drive millions of us toward obsession and compulsion. Adam, an editor at Nature and an accomplished science writer, has suffered from obsessive-compulsive disorder for twenty years, and *The Man Who Couldn't Stop* is his unflinchingly honest attempt to understand the condition and his experiences. What might lead an Ethiopian

schoolgirl to eat a wall of her house, piece by piece, or a pair of brothers to die beneath an avalanche of household junk that they had compulsively hoarded? At what point does a harmless idea, a snowflake in a clear summer sky, become a blinding blizzard of unwanted thoughts? Drawing on the latest research on the brain, as well as historical accounts of patients and their treatments, this is a book that will challenge the way you think about what is normal and what is mental illness. Told with fierce clarity, humor, and urgent lyricism, this extraordinary book is both the haunting story of a personal nightmare and a fascinating doorway into the darkest corners of our minds.

Break the chains of OCD with Cognitive Behavioural Therapy. Are you suffering from Obsessive Compulsive Disorder (OCD)? You're not alone. Whether you've tried countless treatments or are seeking help for the first time, this expert, accessible guide is your beacon of hope for breaking the chains of this crippling disorder. *Managing OCD with CBT For Dummies* uses mindfulness-based Cognitive Behavioural Therapy (CBT) to eradicate OCD from your day-to-day life. Through clear and sensitive direction, you'll find out how to identify and correct negative thought patterns, confront your problems with positive solutions and recognise the power of cognitive thinking. Once a term only used by psychologists and counselors, CBT is now in common use and has become the preferred treatment method for a variety of psychological issues, including anxiety and depression, self-esteem, eating disorders, addiction, and many others. If you're planning on trying it on its own or in conjunction with other types of therapies, you'll be heartened to know that a staggering 75% of people with OCD are

significantly helped by CBT—which is why it remains the treatment of choice for tackling the disorder by the National Institute for Health and Clinical Excellence (NICE). Demonstrates how CBT encourages new thinking patterns to combat destructive thought tendencies Explains the causes and symptoms of OCD Shows you how to use CBT to modify everyday thoughts and behaviours with the aim of positively influencing your emotions Illustrates the importance of facing your fears and offers positive strategies on exposure therapy There's no need to let OCD continue to control your life. This how-to guide helps you break down the negative patterns that have been keeping you hostage—and allows you to build a positive future free of the hold of OCD.

Are you plagued by obsessive thoughts, rituals or routines? Would you like to regain control over your behaviour and cast your fears aside? Whether you are compelled to wash your hands more and more thoroughly or feel the need to keep checking that you've turned off appliances, obsessive worries can be a drain on daily life. However, you don't need to suffer any more. This practical guide, written by three leading cognitive behavioural therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for friends and family of OCD sufferers. Whether your condition is mild or severe, this definitive resource will help you reclaim your life and keep OCD away for good.

One of the most experienced therapists

in the world for treatment-resistant obsessive compulsive disorder (OCD) explains the disorder, the treatments available, and the skills needed to overcome and outsmart OCD. • Includes a list of normal "bad" thoughts versus obsessions • Features tests to rate one's guilt, scrupulosity, and OCD • Examines the ways in which guilt is an interfering factor in OCD treatment and recovery • Covers effective strategies for controlling the conscience-related aspects of the disease

"Interesting, vivid and palpable" —National Editor, The Atlantic Two friends with needs that align for a short time, but what will happen after those needs diverge? Powerful, compelling, suspenseful, intelligent, hopeful -----

----- Sometimes you just have to get rid of your best friend to break your own chains. Every night at eleven o'clock, Sonja demands Finja lock her in. Tonight, Sonja even threatens to destroy Finja's new romance if she stops. As girls, they both suffered from unloving fathers. Having given each other sanctuary, they became soulmates. But then Sonja's relentless, life-restricting rules forced them to run from Germany until they got stuck in England, never to return. Their sweet friendship rendered a toxic co-dependency. Now that Sonja wants to trap Finja forever, she has two options: keep bending to Sonja's will and relinquish all control of her own life, or eliminate Sonja... Based on a true story about a dysfunctional family, mind games, blackmail, emotional control and dependency, obsessive compulsive disorder, and a new romance at stake.

In this "raw and well-crafted (Kirkus Reviews)" romance, Bea learns that some things just can't be controlled. When Bea

meets Beck, she knows instantly that he's her kind of crazy. Sweet, strong, kinda-messed-up Beck understands her like no one else can. He makes her feel almost normal. He makes her feel like she could fall in love again. But despite her feelings for Beck, Bea can't stop thinking about someone else: a guy who is gorgeous and magnetic...and has no idea Bea even exists. But Bea spends a lot of time watching him. She has a journal full of notes. Some might even say she's obsessed. Bea tells herself she's got it all under control. But this isn't a choice, it's a compulsion. The truth is, she's breaking down...and she might end up breaking her own heart.

A compelling argument for improving society's mental health through increased services and better policy. Mental illness is a leading cause of suffering in the modern world. In sheer numbers, it afflicts at least 20 percent of people in developed countries. It reduces life expectancy as much as smoking does, accounts for nearly half of all disability claims, is behind half of all worker sick days, and affects educational achievement and income. There are effective tools for alleviating mental illness, but most sufferers remain untreated or undertreated. What should be done to change this? In *Thrive*, Richard Layard and David Clark argue for fresh policy approaches to how we think about and deal with mental illness, and they explore effective solutions to its miseries and injustices. Layard and Clark show that modern psychological therapies are highly effective and could potentially turn around the lives of millions of people at little or no cost. This is because treating psychological problems generates huge savings on physical health care, as well as massive economic savings through more people working.

So psychological therapies would effectively pay for themselves, generating potential savings for nations the world over. Layard and Clark describe how various successful psychological treatments have been developed and explain what works best for whom. They also discuss how mental illness can be prevented through better schools and a better society, and the urgency of doing so. Illustrating why we cannot afford to ignore the issue of mental illness, *Thrive* opens the door to new options and possibilities for one of the most serious problems facing us today.

Evie, Amber and Lottie: three girls facing down tough issues with the combined powers of friendship, feminism and cheesy snacks. Both hilarious and heart-rending, this is Evie's no-holds-barred story of struggling to live a "normal" teen life in the grip of OCD, from the acclaimed author of *The Manifesto on How to be Interesting*. Read the first chapter of Holly Bourne's next book, *How Hard Can Love Be?* - EXCLUSIVE to the ebook. "An involving look at feminism, friendship and the secrets we hide even from those who know us best." - *The Observer* "An epic and unique release this summer that I plead you all to pick up! This novel has a distinct British feel with moments mixed with laughter, tainted with tears and bound with love. Holly Bourne has created a beautiful tale." - *Paper Trail YA* "This is not a novel about a condition: Evie's condition is that of being a contemporary young woman, and through her guerrilla feminist group with new soulmates Lottie and Amber (who will each get a novel to themselves shortly) she learns new pathways through life that all her peers can follow." - *The Observer* "This is quite easily Bourne's best novel yet. Might have been a tricky subject matter, but it was funny and heart-

breaking and thought-provoking." - An Awful Lot of Reading "I love the Spinners Club, and I so want my own! What I love is how Bourne breaks down these ideas so they are so accessible! ... There are a few feminist YA stories out at the moment, but this is the first I've read that actually talks about feminism and discusses how to be a feminist, and I think it really could be a game changer! And I am so happy! I am so, so happy and excited!" - Once Upon a Bookcase "This book was kind of astounding to me... I got through Am I Normal Yet? in one sitting" - A Novel Youth "It's not a book that I can find fault with because it was just written so perfectly and so carefully and sensitively. I just enjoyed it so much." - Lucy the Reader Holly Bourne is becoming something of a writing sensation in the world of Young Adult fiction... Using humour, high emotion, compassion, sensitivity and some hard-hitting drama, Bourne creates a beautiful, resonant story that tackles serious issues with the lightest and sometimes darkest of touches, giving real and moving insights into what it means to be young, confused and isolated. - Lancashire Evening Post "My favourite YA book of 2015" - Words from a Reader

An estimated 5 million Americans suffer from obsessive-compulsive disorder (OCD) and live diminished lives in which they are compelled to obsess about something or to repeat a similar task over and over. Traditionally, OCD has been treated with Prozac or similar drugs. The problem with medication, aside from its cost, is that 30 percent of people treated don't respond to it, and when the pills stop, the symptoms invariably return. In *Brain Lock*, Jeffrey M. Schwartz presents a simple four-step method for overcoming OCD that is so effective, it's now used in academic treat-

ment centers throughout the world. Proven by brain-imaging tests to actually alter the brain's chemistry, this method doesn't rely on psychopharmaceuticals. Instead, patients use cognitive self-therapy and behavior modification to develop new patterns of response to their obsessions. In essence, they use the mind to fix the brain. Using the real-life stories of actual patients, *Brain Lock* explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their psychic prisons and regain control of their lives.

Selected by Dr David Veale and Rob Willson, authors of the self-help guide 'Overcoming Obsessive Compulsive Disorder', the first person accounts contained in this collection reflect a broad range of experiences of those with OCD.

The premise of *OCD and Marriage* is simple: an OCD caregiver and sufferer can successfully manage symptoms and improve their quality of life and their marital relationship. OCD does not have to take over a marriage. The three aims of this book are to (a) encourage individuals diagnosed with OCD to face the disorder head-on together with their spouses in creative ways, (b) permit married couples to reach out for support, and (c) seek relation-based healing that complements established, evidence-based OCD therapies. Rather than approach coping with OCD from a clinical perspective, the authors choose to offer sufferers and their spouses a resource they wished they had when they struggled with the myths, barriers, and impact of OCD. Central to this is a focus on strengthening marital relationships through active, creative communication. This focus on communication highlights the authors' belief that living with OCD is a family affair by which everyone affected, whether care

giver or sufferer, can survive and thrive. Part memoir, part self-help for teens, *Being Me with OCD* tells the story of how obsessive-compulsive disorder (OCD) dragged the author to rock bottom—and how she found hope, got help, and eventually climbed back to a fuller, happier life. Using anecdotes, self-reflection, guest essays, and thorough research, Dotson explains what OCD is and how readers with OCD can begin to get better. With humor, specific advice, and an inspiring, been-there-beat-that attitude, readers will find the book simultaneously touching and practical.

A Books on Prescription Title. Break free from unhelpful rituals and take control of your life Are you plagued by a recurring thought or idea that just won't go away? Perhaps you feel the need to wash your hands frequently, hoard things or repeatedly check that all appliances have been turned off before leaving home? These are common symptoms of obsessive compulsive disorder (or OCD), a condition that causes distress to hundreds of thousands of people. Cognitive Behavioural Therapy has been clinically proven to significantly reduce symptoms of OCD. Learn how to break free from the destructive cycle of obsessive behaviour and regain control of your life. Shows you how to reduce the distress caused by disturbing thoughts, images and urges Reduces and gradually helps you overcome compulsions Offers advice on how partners, relatives and friends can help.

The bestselling self-help guide *Overcoming Obsessive Compulsive Disorder* has been combined with *Taking Control of OCD: Inspirational stories of hope and recovery* to offer the reader an effective and appealing self-help package. These two titles not only set out practical techniques to overcome obsessive Compulsive Disorder (OCD), but offer inspiration

to the reader to confront the challenges they may face on the road to recovery. *Overcoming Obsessive Compulsive Disorder* is based on Cognitive Behavioral Therapy (CBT), an evidence-based therapy recommended by the NHS. It provides: -Useful information about the disorder -A step-by-step self-help programme based on CBT *Taking Control of OCD* contains real-life stories written by those with first-hand experience of OCD. Each story has been especially selected by Dr David Veale and Rob Willson and together they reflect the broad range of different experiences and stories of OCD. Each story sheds light on the condition, and offers powerful insights into what helps and, most importantly, inspiration to those trying to beat it.

Offers advice on how to choose the most effective therapies and medications, and how to avoid relapses.

The book highlights important new research approaches of clinical relevance, written by prominent researchers in the field of OCD and related disorders. A broad range of topics is covered, beginning with a description of the phenotypic features of the OCD followed by chapters on developmental aspects, animal models, genetic and biological models including neuro-inflammation, functional neuroimaging correlates and information-processing accounts. Finally, existing and novel treatment approaches are covered including clinical and pharmacogenetic treatment models. In this way the volume brings together the key disciplines involved in the neurobiological understanding of OCD to provide an update of the field and outlook to the future. Together, the volume chapters provide focused and critical reviews that span a broad range of topics suitable for both students and established investigators

and clinicians interested in the present state of OCD research.

HAYLEY LEITCH WAS JUST FOUR WHEN SHE FELT THE NEED TO JUMP HER FATHER'S FISHPOND. SMALL FOR HER AGE AND UNABLE TO SWIM, HAYLEY ALMOST DROWNED, BUT SHE COULDN'T STOP HERSELF. One compulsion followed another until soon Hayley was performing exhausting rituals and was plagued by intrusive thoughts every day. As she grew, Hayley became obsessed with germs. She washed her hands with neat bleach and scrubbed her house for hours on end. Her fear of contamination was so crippling it prevented her from holding her babies at birth because her illness required the blood to be wiped from them first. After Hayley cleaned her house for 18 hours solid on the eve of her wedding, her husband Robin pleaded with his wife to seek help. He suspected post-natal depression but he was wrong: Hayley was suffering with Obsessive Compulsive Disorder (OCD). The illness had blighted her life and almost driven her to suicide. In *Coming Clean*, Hayley describes her daily battle with this much misunderstood illness. Her story is honest and heart-breaking - Hayley knows she will never be 'cured' of OCD but explains how she eventually sought professional help. It not only saved her life, it brought her illness under control. By appearing on television, this remarkable young woman has brought the very taboo subject of OCD into the public arena. It's Hayley's wish to give hope to other OCD sufferers and allow them to lead a happier life.

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die

with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been under-activated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: *Brain-Based Therapy-Adult*, *Brain-Based Therapy-Child*, *Improving Your Memory For Dummies* and *Heal Your Anxiety Workbook* Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, *Rewire Your Brain* will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

A true story of taming OCD: "Her description of her escalating illness is irreverent, brutally honest, and compelling [and] her successes are inspiring." —Booklist It's like the meanest, wildest

monkey running around my head, constantly looking for ways to bite me. That was how Kirsten Pagacz described her OCD to her therapist in their first session when she was well into her thirties. She'd been following orders from this mean taskmaster for twenty years, without understanding why. The tapping, counting, cleaning, and ordering brought her comfort and structure, two things lacking in her family life. But it never lasted. The loathsome self-talk only intensified, and the rituals she had to perform got more bizarre. By high school, she was anorexic and a substance abuser—common “shadow syndromes” of OCD. By adulthood, she could barely hide her problems and held on to jobs and friends through sheer grit. Help finally came in the form of a miraculously well-timed public service announcement about OCD—at last, her illness had an identity. After finally learning how to conquer her OCD, Pagacz shares her story—from her traumatic childhood to the escalation of her disorder to her triumph over it—along with knowledge and insight about such techniques as meditation, yoga, cognitive-behavioral therapy, medication, and exposure therapy, to help others leave the OCD circus and live a better life.

- 40 Affirmations to help you change your beliefs about your relationship with yourself and OCD. - 40 Beautiful mandala images for you to color in and get creative - Note pages for you to use as you please. This coloring book is designed to help you build self worth and an understanding that you are in control of your thoughts and feelings, whilst being mindful and getting creative. You CAN gain power and control over your thoughts, emotions and reactions. Have confidence in yourself and the process. Shannon Shy is a senior civilian attorney

with the Department of the Navy and a retired U.S. Marine Corps Reserve Lieutenant Colonel. In 1997, while on active duty with the Marines, he was diagnosed with a severe case of obsessive-compulsive disorder or "OCD." His OCD had become so severe he became practically non-functioning. He constantly found himself in a seemingly endless loop of intrusive and irrational thoughts, mental anguish, physical pain, and odd behaviors. It got to the point where he secretly and repeatedly thought that suicide would be better than the anguish, embarrassment, and the pain. While he had suspected for several years that he had some disorder, he was afraid to admit it to anyone and afraid to be diagnosed. He had concluded that doing so would cause him to lose his career and his wife and two young sons. Finally, after some nudging from his wife and a colleague and after one very memorable OCD episode, he called a psychiatrist. With the aid of doctors, medication, and behavioral therapy, he developed an effective behavioral strategy (what he calls Ground Rules and Checkpoints) to manage his OCD. He now lives a very happy and productive life and has for many years--without medication and without doctors. OCD no longer adversely affects him. This book is about how a young Marine officer, attorney, and family man faced and overcame a relentless enemy called OCD. It is a story about struggle, perseverance, and overcoming adversity. This book is not intended as medical advice. Rather, it provides hope, comfort, confidence and insight to some practical techniques for those suffering from OCD and for those trying to help someone with OCD.

OCD affects between 1 and 2 per cent of the UK population, causing terrible distress to hundreds of thousands. A seri-

ous mental illness, it affects people in different ways from well-known rituals such as obsessive hand-washing and checking, to lesser known symptoms such as disturbing intrusive thoughts and hoarding. Those affected typically suffer for a number of years before seeking help and receiving professional treatment. Selected by Dr David Veale and Rob Willson, authors of self-help guide *Overcoming Obsessive Compulsive Disor-*

der, the first person accounts contained in this collection reflect a broad range of experiences of those with OCD. Brave and uplifting, these real life stories provide not only reassurance, but also an inspiration to others to seek help and overcome their illness. Includes two chapters written by Dr David Veale and Rob Willson explaining the causes of OCD and how to overcome it.