

Obsessions & Compulsions

6.1 

Date:

Title: **Getting Control: Overcoming
your Obsessions and
Compulsions**

Author(s): **Baer**

Publisher: **Plume**

Year: **2000** ISBN: **0452281776**

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This book offers a step-by-step guide to those who suffer from obsessive-compulsive disorder (OCD) and uses patient case examples to give information and advice on:

- What is OCD?
- Treatment of OCD
- Assessing OCD symptoms
- Realistic goal-setting
- Creating therapeutic exercises
- Staying in control
- Medications for OCD
- Advice for family and friends

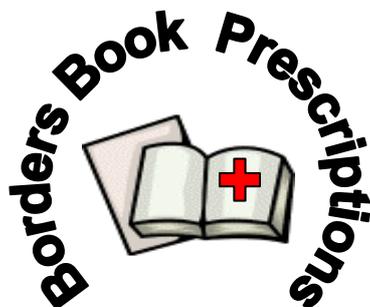
Informative, but quite a demanding read.
(220 pages)

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