



# Stop Obsessing! How To Overcome Your Obsessions And Compulsions

*Edna B. Foa, R. Reid Wilson Ph.D.*

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Regain control over your life. If you find yourself tormented by unwanted, disturbing thoughts or compelled to perform rigidly set action to reduce your stress, you may be one of the millions of Americans who suffer from obsessive-compulsive disorder (OCD). It may be as mild a doubting whether you turned off the iron before leaving the house, or it may be as severe as disabling as washing your hands for hours each day. But whatever its degree, OCD is distressing, uncomfortable, and can disrupt your life or destroy your most important relationships. Until recently, OCD was considered to be almost untreatable using conventional forms of therapy. Now it is known to be a highly treatable disorder using behavior therapy. Drs. Foa and Wilson, internationally known authorities on the treatment of anxiety disorders, have developed a revolutionary self-help program that can help relieve crippling obsessions and compulsions. In *Stop Obsessing!* you will discover: A series of questionnaires to help you analyze the severity of your obsessions and compulsions. An initial self-help program to overcome milder symptoms and reduce more severe cases. The most effective way to help you let go of your obsessions and gain control over your compulsions. An intensive three-week program for anyone who spends more than two hours a day on obsessions or rituals. Expert guidance in determining whether you need the added help of a professional. *Stop Obsessing!*'s powerful and reliable techniques have helped thousands of patients with OCD reduce or eliminate unwanted thoughts and rituals. Today, you or someone you love can recover and lead a normal life, free of excessive fears and worries. So why wait?

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