Why Does Everything Have to be Perfect?: Understanding Obsessive-Compulsive Disorder (Paperback)

By Lynn Schackman, Shelagh Ryan Masline

Bantam Doubleday Dell Publishing Group Inc, United States, 1999. Paperback. Book Condition: New. 173 x 99 mm. Language: English . Brand New Book. Bad thoughts that won t go away.repetitive actions.feelings of guilt and shame. Are you overwhelmed by a need to quot;get it rightquot;? Do continual quot;what-ifsquot; prevent you from making decisions? Do you check again and again to see if the door is locked? Are your thoughts and habits causing you anxiety, guilt, or shame? If so, you re not alone. You may be suffering from obsessive-compulsive disorder, a very specific and largely biochemical problem that affects over 5 million Americans. Now this compassionate, informative guide helps you break the tyranny of obsession and compulsions, providing the latest facts on why OCD occurs, its symptoms, and the breakthrough treatments that can dramatically improve the lives of OCD sufferers. Find out about: How to determine if you have OCD-- and whether your problem is severe enough to warrant professional help How diet, stress, and other lifestyle conditions can trigger the symptoms of OCD The two most highly effective forms of treatment--and how to decide what s best for you The latest news in alternative therapies, including yoga, biofeedback, and herbal...

READ ONLINE
[8.22 MB]

Reviews

Merely no words and phrases to describe. I am quite late in start reading this one, but better then never. I found out this ebook from my i and dad encouraged this pdf to find out.
-- Hyman Auer

I actually started out looking over this publication. It can be writter in easy phrases and never difficult to understand. Your lifestyle span will probably be transform as soon as you comprehensive looking over this ebook.
-- Prof. Dayne Crist Sr.

Related PDFs

See You Later Procrastinator: Get it Done (Paperback)

Free Spirit Publishing Inc.,U.S., United States, 2009. Paperback. Book Condition: New. 175 x 127 mm. Language: English . Brand New Book. Kids today are notorious for putting things off--it s easy for homework and chores to take a backseat to playing video...

Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Craig Saves the Day (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 173 x 145 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...

Readers Clubhouse Set B What Do You Say (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Ann Losa (illustrator). 142 x 13 mm. Language: English . Brand New Book. This is volume six, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2)for beginning readers.Two...

And You Know You Should Be Glad (Paperback)

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...

Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...

How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...