

## ***Ocd Workbook Bruce Hyman***

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### **Amazon.com: The OCD Workbook: Your Guide to Breaking Free ...**

This revised edition of The OCD Workbook contains new findings on the causes of OCD, including developments in genetic research. It offers information on treatment options like neurosurgery and new medications and a new chapter on day-to-day coping strategies for people with OCD.

### **The OCD Workbook: Your Guide to Breaking Free from ...**

The OCD Workbook By Bruce M Hyman, PhD, LCSW and Cherlene Pedrick, RN A classic self-help workbook, used in hospitals and clinics all over the world, offers self-assessment tools and cognitive behavioral self-help tools and techniques.

### **The OCD Workbook By Bruce M Hyman, PhD, LCSW and Cherlene ...**

In the first edition of The OCD Workbook Bruce Hyman, Ph.D., and Cherry Pedrick, RN, offered a cutting-edge, evidence-based program for doing just that. The second edition draws from the latest research to once again provide a state-of-the-art resource.

### **The OCD Workbook - Cherry Pedrick**

About the Book. 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.

### **The OCD Workbook | NewHarbinger.com**

Bruce M. Hyman, PhD, LCSW, is a cognitive behavioral therapist in private practice in Hollywood, FL, and has been the director of the OCD Resource Center of Florida ([www.ocdhope.com](http://www.ocdhope.com)) since 1991. He specializes in the cognitive behavioral treatment of adults and children with OCD, OCD spectrum disorders, and anxiety disorders, and is coauthor of Coping with OCD.

### **The OCD Workbook (3rd ed.) by Bruce M. Hyman (ebook)**

"Bruce Hyman and Cherry Pedrick's updated and expanded version of their classic, The OCD Workbook, is one of the best self-help books on OCD. Many sections have been expanded and new ones added. Readers will find up-to-date information on their own particular OCD concerns and how to conquer them ...

### **The OCD Workbook : Bruce M. Hyman : 9781572249219**

The OCD Workbook: Your Guide to Breaking Free from Obsessive-compulsive Disorder. The new edition includes expanded coverage of related disorders like body dysmorphic disorder, trichotillomania, and skin picking. New information on relapse prevention, OCD in children, and family involvement in OCD round out this important book.

### **The OCD Workbook: Your Guide to Breaking Free from ...**

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.

### **The OCD Workbook by Bruce M. Hyman - OverDrive**

About the author (2010) Bruce M. Hyman, PhD, LCSW, is a cognitive behavioral therapist in private practice in Hollywood, FL, and has been the director of the OCD Resource Center of Florida ([www.ocdhope.com](http://www.ocdhope.com)) since 1991. He specializes in the cognitive behavioral treatment of adults and children with OCD, OCD spectrum disorders,...

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### **The OCD Workbook: Your Guide to Breaking Free from ...**

Guest Post: In Memory of Dr. Bruce Hyman (1951-2016) He named his practice the OCD Resource Center of Florida and managed to maintain two offices. I was always impressed at his ability to manage such a large practice. He was always my main referral source in south Florida, and over the years, I directed quite a few people his way,...

### **Guest Post: In Memory of Dr. Bruce Hyman (1951-2016 ...**

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder by Bruce M. Hyman, Cherlene Pedrick. 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.

### **The OCD Workbook: Your Guide to Breaking Free from ...**

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### **OCD Workbook: Bruce Hyman: Trade Paperback: 9781572249219 ...**

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder Bruce Hyman and Cherlene Pedrick Too Perfect: When Being in Control Gets Out of Control

### **Recommended Readings - OCD Resource Center**

Bruce M. Hyman, PhD, LCSW, is a Florida licensed clinical social worker and board-certified diplomate in clinical social work who earned his masters and doctoral degrees from Florida State University. For the past twenty-three years, he has maintained an active private practice specializing in the treatment of anxiety disorders.

### **Bruce M. Hyman | NewHarbinger.com**

Cherry Pedrick, RN, is a registered nurse and freelance writer in the greater Seattle, WA, area. She is coauthor of Loving Someone with OCD, Helping Your Child with OCD, The Habit Change Workbook, The BDD Workbook, Obsessive-Compulsive Disorder, and Anxiety Disorders.

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