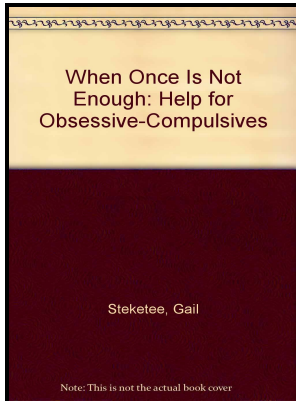


# When once is not enough - help for obsessive-compulsives

New Harbinger - 9780934986878



Description: -

-When once is not enough - help for obsessive-compulsives

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Notes: Includes bibliographical references (p. [223]-224).

This edition was published in 1990



Filesize: 16.69 MB

Tags: #9780934986878

## “Psychology Works” Fact Sheet: Obsessive Compulsive Disorder

For people with disorder, checking can consume hours every day, driven by intense fears of unlikely scenarios. Overcoming compulsive washing: Free your mind from OCD.

## (Book) When once is not enough by Gail Steketee Download PDF EPUB FB2

The novel would be Susann's last great success: The year after its publication, in , the author died of breast cancer. Overcoming Unwanted Intrusive Thoughts: A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts.

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I would recommend it to anyone who suffers from OCD, or knows someone who does. It was revised most recently in 2020 by Dr. Jacqueline Susann's Once Is Not Enough is a American romance film, directed by Guy Green, starring Kirk Douglas, Alexis Smith, David Janssen, George Hamilton, Brenda Vaccaro, Melina Mercouri, and Deborah was produced by Howard W.

## (Book) When once is not enough by Gail Steketee Download PDF EPUB FB2

Break free from OCD: Overcoming obsessive compulsive disorder with CBT.

## Literature

Depending on the severity of the symptoms, OCD can have a profound negative impact on functioning. This book can be very helpful for Obsessive Compulsive Disorder OCD sufferers, their loved ones and therapists. Where do I go for more information? Once Is Not Enough became Susann's third consecutive novel to reach the number one spot on the New York Times best-seller list--the first time any author had accomplished this feat.

## **“Psychology Works” Fact Sheet: Obsessive Compulsive Disorder**

OCD is highly treatable with medication, cognitive therapy, or both. Among the most common obsessions are thoughts or fears of contamination; for example, people may touch common objects such as doorknobs, telephones or steering wheels and become obsessed with the thought that they have been contaminated by germs. May have page creases, creased spine, bent cover or markings inside.

### **Literature**

Packed with care, shipped promptly. For the names and coordinates of provincial and territorial associations of psychology, click.

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