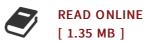




Understanding Obsessions and Compulsions

By Frank Tallis

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Understanding Obsessions and Compulsions, Frank Tallis, This guide is by the author of "How to Stop Worrying". People suffering from some degree of obsessive compulsive disorder may be embarrassed by their symptoms and not present themselves for treatment. This book, therefore, attempts to provide a comprehensive guide to self-help, explaining the principles of anxiety reduction, giving treatment instructions in easy-to-understand language. It covers compulsive checking, washing, hoarding, obsessional thoughts and worry, obsessional personality and depression.



Reviews

If you need to adding benefit, a must buy book. It is really simplified but excitement from the 50 percent of your book. I discovered this book from my dad and i recommended this book to understand.

-- Dorothy Sawayn

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