



Overcoming Compulsive Checking: Free Your Mind from OCD

By Paul Munford

New Harbinger Publications. Paperback. Book Condition: New. Paperback. 168 pages. Dimensions: 8.8in. x 6.0in. x 0.4in. If you struggle with compulsive checking, one of the most common types of obsessive-compulsive disorder, you know some things all too well: the pain and frustration of feeling irresponsible and careless, the anxiety caused by the fear that you might hurt or offend someone and by living with the worry of criticism. But what you may not know is that there are things you can do by yourself, at any time to start feeling better. Most books on OCD focus on many types of this complex group of disorders. This book offers a program designed with you in mind, focusing just on your problem with checking. Start with the book's self-assessment tools, which will help you understand the scope of your particular problem. Then get ready to do something about it. Based on his decades of clinical experience, author Paul Munford has developed a treatment for compulsive checking called exposure, ritual prevention, and awareness therapy (ERPA), which is adapted in this book for you to use as a self-care approach. Through this process, you'll learn to confront your fears and experiment with safe, controlled exposure to situations...



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