

****Confront the situations you avoid—and discover a new sense of safety. *Break free of compulsive rituals. *Reduce anxiety and improve your relationships. The second edition is revised throughout with cutting-edge strategies for coping with unwanted thoughts that can't be eliminated completely, plus new learning techniques drawn from brain research. Ready to get over OCD? Your journey starts here.***

This everyday guide isn't just about surviving with obsessive-compulsive disorder (OCD)—it's about thriving. In Everyday Mindfulness for OCD, two experts in OCD team up to teach readers how mindfulness, humor, and self-compassion can help them to stop dwelling on what's wrong and start enhancing what's right—leading to a more joyful life. The daily exercises, tips, games, metaphors, and mantras in this guide not only ease the suffering OCD causes, but also highlight each reader's unique assets and strengths in order to improve relationships and live a better life.

As many as 1 in 30 adults and 1 in 100 children currently suffer from Obsessive Compulsive Disorder. It is much more common than was previously thought, with up to 2 million people being affected in the UK. Sufferers experience intrusive thoughts and anxieties resulting in compulsive behaviour that can seem bizarre to those that have no experience of the disorder. Why would someone feel compelled to touch the four walls of a room in a clockwise fashion as soon as he enters it? Why would someone look at an object 3 times with his right eye, followed by his left eye?OCD sufferers are aware that these rituals are excessive and irrational, but they cannot control their behaviour. They are plagued by intrusive thoughts that they cannot banish from their mind and are often tormented by these thoughts which they find profoundly disgusting or upsetting. The cause of OCD is still not known, but it does appear to run in families and can occur together with other disorders such as depression, anxiety disorders, eating disorders and Tourette s syndrome.Dr Frederick Tootes, an experimental psychologist relates his own experiences of obsessional neurosis and his successful quest for a cure in th

Obsessive Compulsive Disorder

Mindfulness-Based Cognitive Therapy for OCD

A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy

The OCD Workbook

Everyday Mindfulness for OCD

A Guide to Overcoming OCD Using Cognitive and Mindfulness Behavioral Therapy

Overcoming Harm OCD

How to Gain Control of Your OCD

If you suffer from obsessive-compulsive disorder (OCD), your obsessive/intrusive thoughts and time-consuming compulsions are likely to prevent you from enjoying life to the fullest. This book offers daily strategies for dealing with everyday problems that you can start using right away, along with proven self-help techniques that can help you maintain your progress. **RELEASE YOUR BRAIN**-The Mindfulness workbook for OCD offers a different action-oriented approach that combines CBT, ERP and awareness strategies to effectively take control of OCD. If you have tried medications without success, it may be time to explore additional awareness-based treatment options that have proven effective in the treatment of obsessive-compulsive disorders and anxiety disorders. They involve the development of an awareness and acceptance of the thoughts and unwanted feelings that underlie obsessive-compulsive disorder. The book "RELEASE YOUR BRAIN - The Mindfulness Workbook for OCD" was written to help people with OCD get rid of intrusive thoughts, feelings and compulsive behaviors so that they can create a life of true happiness, peace and quiet for themselves. It is a must read, because it will accompany you through the healing process, from the very basics of obsessive-compulsive disorder to modern therapies and medications available to help you in very simple language, so that everything is easy to understand. This book covers the following topics: CBT for OCD - introduction Self-talk Self-esteem Personal meaning A well-organized 8-week program for applying mindfulness Take action--checklists, writing exercises, activities, and more help you take a hands-on, proactive approach to control anxiety Practical advice Clear day-by-day guidance outlining the structure for specific mindfulness techniques Simple activities designed to help you manage and decrease your anxiety symptoms Affirmations for overcoming anxiety and intrusive thoughts (bonus+) ...And much more If you are ready to let go of your fears, anxiety, obsessions, and compulsions; if you are ready to stop living a life of distress and anxiety to attain a life of utmost satisfaction but you don't know where to start, this book promises to be your practical guide to get much the answers you need. What are you waiting for? Don't wait anymore, press the buy now button and get started.

Move past anxiety and discover what really matters to you. Written by three experts in teen mental health, this powerful workbook offers evidence-based activities grounded in acceptance and commitment therapy (ACT) to help you cope with anxiety, build resilience, stop avoiding the things you fear, and lead a fuller, happier life. Anxiety is what we feel when we're scared about some future event that may or may not happen. When you're struggling with anxiety your mind is trying to protect you from danger, so it's busy telling you about all the things you can't do. Along with these thoughts come a host of feelings and bodily sensations—such as sweaty palms, restlessness, lightheadedness, and stomach aches. But it's not the anxious thoughts that make anxiety a problem. It's the actions we take, or don't take, as a result of these thoughts. In The Mindfulness and Acceptance Workbook for Teen Anxiety, you'll find helpful alternatives to the ineffective strategies and habits you're currently using to deal with anxiety, such as avoidance. You'll find basic information about anxiety to help you recognize what it looks and feels like, mindfulness tips to help you stay in the moment when you feel worried about the future, and tips to help you connect with your own values so you can start putting the important things in life first.

If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. And while OCD can have a devastating impact on your life, getting real help can be a challenge. Combining mindfulness practices with cognitive-behavioral therapy (CBT), The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts. This fully revised and updated second edition also includes new meditations, information, and chapters on emotional and mental contamination, existential obsessions, false memories, and more. If you're ready to take back your life back from OCD—and start living with more joy in the moment—this workbook has everything you need to get started right away.

Managing OCD with mindfulness--break the cycle of intrusive thoughts and live more peacefully People living with Obsessive-Compulsive Disorder (OCD) struggle with unwanted intrusive thoughts and urges that cause anxiety and distress. This mindfulness workbook teaches techniques to help you acknowledge those thoughts and relate to the physical symptoms of anxiety in a new way. With this interactive mindfulness workbook, you'll find exercises to help ground yourself in the present moment, plan mindfulness-based exposure to your triggers, and explore more productive language to describe how you feel. You'll learn how to disengage from distressing thoughts—which can help calm the urge to engage in compulsive behavior. This mindfulness workbook features: 7 Pillars of mindfulness--Every chapter focuses on one of the pillars of mindfulness: Beginner's Mind, Non-judgment, Acceptance, Patience, Trust, Non-striving, and Letting Go--with specific exercises for working on each one. 10-20 Minutes per day--These mindfulness workbook exercises only take a short time, so it's easy and practical to build them into your life. Encouragement and guidance--With supportive words, helpful advice, and space for personal reflection, you'll gradually move through techniques for a variety of intrusive thoughts. Find relief from the intrusive thoughts and urges of OCD with a simple and effective mindfulness workbook.

Every Last Word

Intuitive Eating, 2nd Edition

Easy Tips, Tricks, and Skills for Living Joyfully

Ocd

A Guide to Overcoming Obsessions and Compulsions Using... Mindfulness and Cognitive Behavioral Therapy

Overcoming Obsessive Thoughts

A Workbook for Teens with Obsessive-Compulsive Disorder

Lean into Your Fear, Manage Difficult Emotions, and Focus On Recovery

This user-friendly workbook provides adults with obsessive compulsive disorder (OCD), the tools they need to move beyond their disorder using Acceptance and Commitment Therapy (ACT) and it also serves as compact text for clinicians/practitioners to use with clients suffering from OCD at any point in treatment. The workbook offers readers hands-on ACT and Exposure Response Prevention (ERP) skills for taming disturbing obsessions and filling the gap of where one stands and where one wants to go. Dr. Zurita provides evidence-based exercises to guide adults through the process of ACT. This includes learning to step back from one's thoughts and memories, opening up to all types of unwanted thoughts and feelings, paying attention to the physical world, observing one's thoughts and feelings, getting rid of barriers to values-based living, and developing consistent patterns of values-based behavior. Written from the office of a full-time therapist in a simple, uncomplicated, and unpretentious manner, this workbook will be useful for all clients suffering from OCD and for the therapists who work with them.

As a clinician, do you suffer from "exposure phobia?" This breakthrough book offers 400 creative, innovative, and easy-to-implement exposure exercises to help you and your clients move past fears, energize treatment sessions, and improve client outcomes. In cognitive behavioral therapy (CBT), exposures are the gold standard for treating anxiety-related disorders, including obsessive-compulsive disorder (OCD), panic, and phobias. But if you're like many therapists, you've likely encountered clients who are fearful or reluctant to exposure therapy. As a result, you may also shy away from doing exposures out of fear of worsening your client's anxiety or rupturing the client/therapist rapport. So, how can you find a new approach for using this effective--yet intimidating--treatment? The Big Book of Exposures offers unconventional new exposures to help you provide the most effective treatment possible. In addition, you'll also find a comprehensive overview of exposure therapy; a rationale for its use in treating anxiety-related disorders; troubleshooting tips for dealing with common roadblocks, such as avoidance; and techniques for helping clients stay motivated during treatment. With this essential resource, you'll learn to create engaging and enjoyable exposure exercises to improve treatment outcomes and help your clients live better lives.

Mindfulness and CBT Skills to Help You Overcome Unwanted Thoughts and Compulsions