



Overcoming OCD: A Journey to Recovery

Janet Singer, Seth Gillihan

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Daniel Singer hadn't eaten in a week. Hunched over with his head in his hands, he'd sit in his "safe" chair for hours, doing nothing but shaking, mumbling and moaning; he was in the throes of severe obsessive-compulsive disorder. Dan went from seven therapists to ten medications to a nine week stay at a world renowned residential treatment program. His parents worried he'd never again be able to function in society, or even worse, survive.

Overcoming OCD: A Journey to Recovery is a mother's account of the courage and perseverance of a young man who at times was hindered by the very people who were supposed to be helping him. It is a story of hope and the power of family, as well as a useful guide for all those whose lives have been touched by this often misunderstood and misrepresented disorder. Weaving expert commentary and useful information about OCD and its treatment throughout, the authors are able to offer not just a personal account of how the disorder can affect sufferers and families, but also a glimpse into the possibilities for diagnosis, clinical approaches, and successful outcomes. Today, thanks to Exposure and Response Prevention (ERP) therapy, one of the available treatments for OCD, Dan is a college graduate working in his chosen field and living life to the fullest. He is living proof that even those with the most severe cases of OCD can not only recover, but triumph.

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Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite guide and reading a book. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled Overcoming OCD: A Journey to Recovery. Try to stumble through book Overcoming OCD: A Journey to Recovery as your good friend. It means that it can to get your friend when you experience alone and beside that of course make you smarter than ever before. Yeah, it is very fortunated for you. The book makes you far more confidence because you can know every little thing by the book. So , let us make new experience and knowledge with this book.

Evelyn Montgomery:

Now a day people who Living in the era where everything reachable by talk with the internet and the resources included can be true or not involve people to be aware of each details they get. How a lot more to be smart in having any information nowadays? Of course the solution is reading a book. Looking at a book can help men and women out of this uncertainty Information specifically this Overcoming OCD: A Journey to Recovery book as this book offers you rich information and knowledge. Of course the info in this book hundred per-cent guarantees there is no doubt in it as you know.

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