



The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder

Bruce Hyman, Cherry Pedrick R.N., Bruce M. Hyman Ph.D.

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Obsessive-Compulsive Disorder (OCD) is a neuro-biological disorder affecting one out of 40 adults. It is characterized by the presence of recurrent, intrusive thoughts, impulses, or images (obsessions) or repetitive behaviours or mental acts (compulsions). This text presents an intensive, self-directed programme that allows individuals to learn how to block, alter, delay, and postpone rituals, reduce fears, and change unhealthy thought patterns.

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