

## Freedom From Obsessive Compulsive Disorder A Personalized Recovery Program For Living With Uncertainty Updated Edition

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Freedom From Obsessive-Compulsive Disorder: A Personalized Recovery Program For Living With Uncertainty Hardcover – Bargain Price, September 29, 2003 by Jonathan Grayson (Author)

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Freedom from OCD does not necessarily signify the absence of OCD, but rather the lack of control that the disorder has over someone's life.

*Freedom from OCD – Psych Central*

Forms from Chapter 6. Found in chapter 6, the Obsessive Concerns Checklist is a self-administered survey of all the obsessive categories we could think of. Its purpose is to identify your obsessions. If you are a sufferer, you know what your main obsessions are, but we often find that sufferers have other OCD manifestations that they didn't recognize.

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OCD affects 1 in 50 people. Experts estimate that less than 10% of those suffering receive any treatment at all. Additionally, half of those living with obsessive-compulsive disorder are misdiagnosed with a different condition. Bridging this gap begins with education – and the education this series provides is right from a world-renowned OCD ...

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13 Excuse Modes. The 13 Excuse Modes adapted from Gayle Frankel is an expanded version of the list that appears in Chapter 15. Obviously when you slip, you haven't forgotten what you're supposed to be doing for treatment, but your healthy-getting-better mindset has been replaced by another.

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Freedom from Obsessive Compulsive Disorder Nearly six million Americans suffer from the symptoms of obsessive-compulsive disorder, which can manifest itself in many ways: paralyzing fear of contamination; unmanageable "checking" rituals; excessive concern with order, symmetry, and counting; and others.

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On the other hand, people who have obsessive-compulsive personality disorder (OCPD), which is less serious than OCD, pride themselves on being neat freaks. Felix Unger, of *The Odd Couple*, for example.

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