



Stop Obsessing!: How to Overcome Your Obsessions and Compulsions

Edna B. Foa , R. Reid Wilson

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Newly Revised and Updated!

Are you tormented by extremely distressing thoughts or persistent worries?

Compelled to wash your hands repeatedly?

Driven to repeat or check certain numbers, words, or actions?

If you or someone you love suffers from these symptoms, you may be one of the millions of Americans who suffer from some form of obsessive-compulsive disorder, or OCD.

Once considered almost untreatable, OCD is now known to be a highly treatable disorder using behavior therapy. In this newly revised edition of **Stop Obsessing!** Drs. Foa and Wilson, internationally renowned authorities on the treatment of anxiety disorders, share their scientifically based and clinically proven self-help program that has already allowed thousands of men and women with OCD to enjoy a life free from excessive worries and rituals.

You will discover:

- Step-by-step programs for both mild and severe cases of OCD
- The most effective ways to help you let go of your obsessions and gain control over your compulsions
- New charts and fill-in guides to track progress and make exercises easier
- Questionnaires for self-evaluation and in-depth understanding of your symptoms
- Expert guidance for finding the best professional help
- The latest information about medications prescribed for OCD

Stop Obsessing!: How to Overcome Your Obsessions and Compulsions Details

Date : Published July 31st 2001 by Bantam (first published 1991)

ISBN : 9780553381177

Author : Edna B. Foa , R. Reid Wilson

Format : Paperback 272 pages

Genre : Psychology, Self Help, Nonfiction, Health

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Deb says

This is yet another go-to reference, recommended by the Dr. The title says it all!

Tony says

My psychologist lent me this book thinking I was suffering from OCD. After reading 70 pages, however, it was clear that she misdiagnosed me. I have compulsions but they aren't due to obsessions. I've bookmarked the page that clearly states that someone with my types of compulsions is not OCD and plan on showing it to her during our next session.

Niina says

Tämän kanssa tarvitsisi enemmän aikaa kuin kirjasto sallii, joten suosittelen ostamaan omaksi, jos tätä joku käyttöösi suosittelee. Lisäksi uudempi painos voisi olla ajankohtaisempi.

Yama Rahyar says

So unusual, a "self help" book that's thoroughly discomfoting instead of reassuring. And yet, the message here is undeniable: to get better, you have to allow yourself to feel miserable. Practice exposure instead of avoidance. Live in the distress and prevent yourself from relying on compulsive rituals. I don't know if I'll ever be ready, or have the time, to tackle something as intensive as the three-week program outlined in the last section. But I've been trying in little ways. This is not an emotional or soft book at all, it's very clinical, cold, almost heartless I would even say. But it's not here to make you feel better, it's here to make you recognize that acting out in compulsive ways only ever makes you feel better temporarily, and true relief only comes at the end of a very hard journey.

Jill Cohen says

Could not finish.

This book is greatly outdated. And here is the thing, if you have a mild form of OCD it might help. But if you have a more complex form of OCD, associated with other medical problems, this book can actually cause anxiety and more OCD. Here's why:

If you already have a tendency to obsess, reading this book, and the extreme examples they use, can cause you to obsesses even more. I found myself doing things, that I don't usually do, like check door knobs multi

times and checking the stove even when it was not used. This increased anxiety.

Just my experience with this book. Take that for what it is.

J'aime Nowell says

This is a great book for people suffering from OCD, or for friends and family of someone who has OCD.
