



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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Linda Williams:

This Overcoming OCD: A Journey to Recovery is great reserve for you because the content which can be full of information for you who else always deal with world and also have to make decision every minute. This particular book reveal it information accurately using great manage word or we can declare no rambling sentences in it. So if you are read this hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but hard core information with splendid delivering sentences. Having Overcoming OCD: A Journey to Recovery in your hand like getting the world in your arm, info in it is not ridiculous just one. We can say that no guide that offer you world throughout ten or fifteen minute right but this guide already do that. So , this can be good reading book. Hey there Mr. and Mrs. occupied do you still doubt that?

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