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Obsessive Compulsive Disorder (OCD) (OCD, Obsessive Compulsive Disorder) (Volume 1)

Christian Yates

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Do You Feel The Need To Check Things Over And Over? Do You Repeat Certain Rituals In Order To Control Things? Is It Driving You Crazy? If you answered yes, then then book is for you because it will lay out exactly what to do in order to regain control of your life. First you will be given a self assessment tool to identify the symptoms and the severity of them, then (if you are a candidate) it will give you a list of questions to ask in order for you to find the health care professional that is best for you. Next it will give you strategies so that you feel comfortable addressing it in your marriage and with your children, as well as real-life stories from people who have dealt with and overcome OCD. Until recently, OCD was considered a rare ailment. Although, recent studies suggest that 2 to 3 percent of the population (roughly five million Americans) may suffer from OCD at some point during their lifetimes (www.psychcentral.com). You are not alone... Take a second to imagine how relaxed you will feel to regain control of your thoughts and actions...for example, to not have the urge to wash your hands so much that you skin becomes raw, to not have to repeatedly check your doors to make sure they are locked, to not feel distressed when the canned goods are not facing the same way... You are given the opportunity to take action today to not only save your friendships and partnership, but more importantly so that you can regain control of your thoughts and actions, and enjoy life.

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