

**The OCD Workbook: Your Guide To Breaking Free
From Obsessive-Compulsive Disorder (A New
Harbinger Self-Help Workbook) By Bruce M. Hyman
PhD LCSW, Cherlene Pedrick RN**



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Petracek, LJ and Thomas, SP, New Harbinger, 2004. The OCD Workbook: Your Guide to Breaking Free From Obsessive-Compulsive Disorder. Hyman, B and Assertiveness/Self-Esteem/Forgiveness Driven to Distraction: Recognizing and Coping with Attention-Deficit Disorder. Helping Children Cope with Divorce.

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The ocd workbook - cherry pedrick

Cherry Pedrick is the co-author of The OCD Workbook, with Bruce M. Hyman, PhD. More than 40,000 copies have provided help and hope to people with the disorder The OCD Workbook, Second Edition was released in 2005 by New Harbinger Your Guide to Breaking Free from Obsessive-Compulsive Disorder, The

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My recommendations for Self help resources for OCD you and your family” by K Landsman, K Rupertus, C Pedrick, New Harbinger publications, 2005. “The OCD workbook. Your guide to breaking free from obsessive-compulsive disorder”.

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