

**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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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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Self-help workbook and guide. Cognitive-behavior therapy for sufferers of OCD --- obsessive-compulsive disorder. Published by New Harbinger Publications, 2005 The new edition includes expanded coverage of related disorders like body dysmorphic The OCD Workbook : Your Guide to Breaking Free from Obsessive

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