



Freedom from Obsessive-Compulsive Disorder: A Personalized Recovery Program for Living With Uncertainty (Hardback)

By Jonathan Grayson

Penguin Group USA, 2003. Hardback. Condition: New. Language: English . Brand New Book. A preeminent psychologist's uniquely successful method of understanding and overcoming obsessive-compulsive disorder. What would prompt People magazine to include a profile of a Pennsylvania psychologist among its pages of celebrity features? Answer: his groundbreaking treatment of obsessive-compulsive disorder, an illness whose six million sufferers are driven by anxiety over life's uncertainties to become enslaved by ritualistic behaviors. For more than two decades, Dr. Jonathan Grayson's extraordinary methods have included taking patients at his Philadelphia Anxiety and Agoraphobia Treatment Center on an annual camping trip, during which they participate in activities even non-sufferers would find difficult to endure. They sleep in tents, use latrines without the benefit of running water, and take torturous hikes. Dr. Grayson's remarkably empathetic key to understanding obsessive-compulsive disorder empowers sufferers to not only surmount these challenges but also to make enormous breakthroughs in coping with their behaviors and feelings. Freedom from Obsessive Compulsive Disorder offers a self-guided version of Grayson's program, a highly personalized treatment that focuses on lasting recovery and relapse prevention. While some experts emphasize medication to treat the biological roots of OCD and others stress...



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