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Break free from OCD. £ 14.99. "My number one recommendation for an OCD self-help book." - Ashley Fulwood, Chief executive of OCD-UK, August 2011. This book offers an extensive and practical guide to overcoming OCD through cognitive behavioural therapy (CBT). Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-

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OCD is one of the most common mental health conditions and is thought to affect 2-3% of the UK population at a clinical level, while many more may experience some symptoms which interfere with their life. Written by three experts in the field of Cognitive Behavioural Therapy (CBT), Break Free From OCD helps us understand OCD and provides an approach to overcoming the disorder.

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2011. This is a practical guide to what OCD is, how
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