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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 treat-ment 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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