



Why Does Everything Have to be Perfect?: Understanding Obsessive-Compulsive Disorder

By Lynn Schackman, Shelagh Ryan Masline

Bantam Doubleday Dell Publishing Group Inc, United States, 1999. Paperback. Book Condition: New. 173 x 99 mm. Language: English . Brand New Book. Bad thoughts that won't go away, repetitive actions, feelings of guilt and shame. Are you overwhelmed by a need to "get it right"? Do continual "what-ifs" prevent you from making decisions? Do you check again and again to see if the door is locked? Are your thoughts and habits causing you anxiety, guilt, or shame? If so, you're not alone. You may be suffering from obsessive-compulsive disorder, a very specific and largely biochemical problem that affects over 5 million Americans. Now this compassionate, informative guide helps you break the tyranny of obsession and compulsions, providing the latest facts on why OCD occurs, its symptoms, and the breakthrough treatments that can dramatically improve the lives of OCD sufferers. Find out about: How to determine if you have OCD--and whether your problem is severe enough to warrant professional help How diet, stress, and other lifestyle conditions can trigger the symptoms of OCD The two most highly effective forms of treatment--and how to decide what's best for you The latest news in alternative therapies, including yoga, biofeedback, and herbal...



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