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Combining mindfulness practices with cognitive behavioral therapy (CBT), The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts.

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details · 326 ratings · 32 reviews. If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things.

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The Mindfulness Workbook for OCD is the first book to focus exclusively on Mindfulness-Based Cognitive Behavioral Therapy for the treatment of OCD. Using a workbook format, it provides readers with easy-to-implement tools and techniques to conquer their OCD. This landmark book covers all major sub-types of OCD, including: Contamination OCD; Harm OCD

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The Mindfulness Workbook for OCD 156 Making matters worse, another human being is directly involved. There's a sense of responsibility for how the other person's life turns out. The fear that you stayed with the wrong person not only makes you hate what you've allowed yourself to become, but also

Mindfulness Workbook for OCD - OCD Center of Los Angeles

The Mindfulness and Acceptance Workbook for OCD combines evidence-based acceptance and commitment therapy (ACT) with exposure and response prevention (ERP) for the most up-to-date, effective treatment for obsessive-compulsive disorder (OCD).

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Hershfield and Corboy are also the authors of the new book, The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks, 2013). This article was initially published in the Spring 2014 edition of the OCD Newsletter.

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The Mindfulness Workbooks for OCD comes with a combination of various mindfulness exercises and CBT. It provides readers with strategies that can help them manage unwanted thoughts and urges associated with OCD. Readers will develop a present-moment awareness with the help of this workbook.

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