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This is a recommended list of OCD books and OCD websites that I consider to be essential reading for individuals with obsessive-compulsive disorder Freedom From

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Obsessive compulsive disorder (OCD) is a mental disorder where people feel the need to check things repeatedly, have certain thoughts repeatedly,

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Freedom from ocd, by jonathon grayson, ph.d

Freedom from Obsessive Compulsive Disorder A personalized recovery program for living with uncertainty.

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Lindsay and I attended a workshop by Dr. Jonathan Grayson on Obsessive-Compulsive Freedom from Obsessive Compulsive Disorder, updated edition of Freedom

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A preeminent psychologist's uniquely successful method of understanding and overcoming obsessive-compulsive disorder. What would prompt People magazine to include a

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