



## Understanding Obsessions and Compulsions

By Frank Tallis

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Understanding Obsessions and Compulsions, Frank Tallis, This guide is by the author of "How to Stop Worrying". People suffering from some degree of obsessive compulsive disorder may be embarrassed by their symptoms and not present themselves for treatment. This book, therefore, attempts to provide a comprehensive guide to self-help, explaining the principles of anxiety reduction, giving treatment instructions in easy-to-understand language. It covers compulsive checking, washing, hoarding, obsessional thoughts and worry, obsessional personality and depression.



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*It is straightforward in read through safer to recognize. It really is full of knowledge and wisdom I am just easily could get a satisfaction of reading a created pdf.*

-- **Mr. Sigrid Swaniawski PhD**