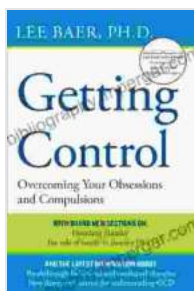


# Getting Control: Overcoming Your Obsessions and Compulsions

Obsessive-compulsive disorder (OCD) is a mental health condition characterized by persistent, unwanted thoughts (obsessions) and repetitive behaviors (compulsions). These obsessions and compulsions can be extremely distressing and can significantly interfere with daily life.

If you're struggling with OCD, you know how debilitating it can be. You may feel trapped in a cycle of intrusive thoughts and compulsive behaviors that you can't seem to control. You may also feel ashamed or embarrassed about your symptoms, which can make it difficult to seek help.



## Getting Control: Overcoming Your Obsessions and Compulsions by Lee Baer

★★★★☆ 4.3 out of 5

Language	: English
File size	: 2000 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 286 pages

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But there is hope. OCD is a treatable condition, and there are many resources available to help you get your life back on track.

## Getting Control: A Self-Help Guide

'Getting Control' is a comprehensive self-help guide for people with OCD. Written by a team of experts in the field, this book provides practical, evidence-based strategies for managing and overcoming your obsessions and compulsions.

In this book, you will learn about:

- The nature of OCD and how it affects the brain
- Cognitive-behavioral therapy (CBT), the gold-standard treatment for OCD
- Exposure and response prevention (ERP), a type of CBT that helps you face your fears
- Mindfulness and acceptance strategies
- Medication options
- Self-help strategies

'Getting Control' is a valuable resource for anyone who is struggling with OCD. It provides a wealth of information and support, and it can help you to take back control of your life.

## **How to Get Help**

If you think you may have OCD, it's important to seek professional help. A therapist can help you to diagnose your condition and develop a treatment plan that is right for you.

There are many different types of therapy that can be helpful for OCD, including:

- Cognitive-behavioral therapy (CBT)
- Exposure and response prevention (ERP)
- Mindfulness-based therapy
- Acceptance and commitment therapy (ACT)

Your therapist can also prescribe medication to help you manage your symptoms. Medications that are commonly used to treat OCD include selective serotonin reuptake inhibitors (SSRIs) and serotonin-norepinephrine reuptake inhibitors (SNRIs).

In addition to therapy and medication, there are a number of things that you can do on your own to help manage your OCD symptoms. These include:

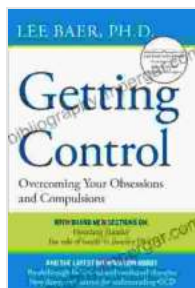
- Getting regular exercise
- Eating a healthy diet
- Getting enough sleep
- Avoiding caffeine and alcohol
- Practicing relaxation techniques
- Joining a support group

Overcoming OCD is a challenging but achievable goal. With the right treatment and support, you can take back control of your life and live a full and meaningful life.

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Don't wait any longer to take back control of your life. Free Download your copy of 'Getting Control' today and start living the life you deserve.



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