



Understanding OCD: Skills to Control the Conscience and Outsmart Obsessive Compulsive Disorder: Skills to Control the Conscience and Outsmart Obsessive Compulsive Disorder

Leslie Shapiro

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One of the most experienced therapists in the world for treatment-resistant obsessive compulsive disorder (OCD) explains the disorder, the treatments available, and the skills needed to overcome and outsmart OCD.

- Includes a list of normal "bad" thoughts versus obsessions
- Features tests to rate one's guilt, scrupulosity, and OCD
- Examines the ways in which guilt is an interfering factor in OCD treatment and recovery
- Covers effective strategies for controlling the conscience-related aspects of the disease

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