



OCD: Freedom for the Obsessive-Compulsive (Resources for Changing Lives)

Michael R. Emlet

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Obsessive-compulsive thinking and behavior: Is it disobedience? Is it a disease/disorder? Both? How can you tell? How can you help? Emler discusses the causes of OCD and gives a biblical approach to helping those who fight it. He shows how trusting in Jesus Christ brings freedom from the tyranny of performance and perfectionism.

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