



Overcoming Compulsive Washing: Free Your Mind from OCD

Paul R. Munford PhD

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Although obsessive-compulsive disorder (OCD) is receiving more attention in the media than ever before, most books on the subject treat this complex range of symptoms generically, without attention to the particular needs of particular categories of behavior. From this third book in New Harbinger's series on specific OCD behaviors, readers who feel a compulsion to wash and clean will learn powerful, effective strategies to control these behaviors.

Fear of contamination leads washing sufferers to compulsively avoid places and situations that cause their anxiety—public restrooms, doorknobs, handshaking, and so forth. To subdue the contaminating effects of the world around them, some sufferers have been known to shower for up to four hours or to wash their hands until they are raw. Ultimately, these behaviors prohibit some sufferers from leaving their homes. This book helps readers identify their specific ritualistic compulsion. Then it helps them to stop obsessing by experimenting with exposure to their fears. The book includes ways to troubleshoot particularly difficult situations and educate the family and loved ones of OCD sufferers to support their loved ones' recovery.

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