

Freedom From Obsessive Compulsive Disorder A Personalized Recovery Program For Living With Uncertainty Updated Edition By Jonathan Grayson

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"Pressestimmen 'This book is NOT JUST for OCD sufferers. Many of us have fleeting glimpses of being stuck in our minds. Jon Grayson's cutting-edge approach can help all of us learn to confront our fears as we learn to live in the moment.' ?Dr. Mehmet Oz'Dr. Grayson... writes about [OCD] with the mind of a scholar and the heart of a healer. Anyone who is plagued with chronic doubt, anxiety, and destructive rigid social behavior should read this book, and listen to what it says.' ?Daniel Gottlieb, Ph.D., host of NPR's Voices in the Family'Not just another self-help book, this is an actual course of interactive therapy that breaks the cycle of fears and ritual. Dr. Grayson's uniquely empathetic and effective approach offers readers the understanding and motivation they need to get well?and stay well.'?Patricia B. Perkins, J.D., executive director, Obsessive-Compulsive Foundation Über den Autor und weitere Mitwirkende **Jonathan Grayson, PhD**, is the director of the Anxiety and OCD Treatment Center of Philadelphia. A nationally recognized expert who has worked with OCD sufferers for more than three decades, Dr. Grayson was awarded the Patricia Perkins International OCD Foundation Lifetime Achievement Award in 2010 for his work with OCD. In 1981 he organized the first OCD support group in the country, to which he still donates his time. He lives in Philadelphia. Alle

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