



Getting Control

Lee Baer

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Six million Americans suffer from Obsessive-Compulsive Disorder (OCD), and they know firsthand the often devastating effects it has on their lives. Some symptoms, such as the nagging feeling you have left the stovetop burner on, can be mildly distracting. Yet others, like compulsive hand washing, the inability to throw anything out, or nerve-racking feelings of guilt, can be completely paralyzing and make it nearly impossible for sufferers to lead healthy lives. **Dr. Lee Baer** gives readers the tools to assess their own symptoms, set goals, and create therapeutic programs for themselves. He also helps readers differentiate between OCD and other psychological illnesses such as depression. From the latest treatments to important facts on the medications currently available and how they work, **Getting Control** is thorough, concise, and positive--a lifesaver for anyone whose well-being is affected by OCD.



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