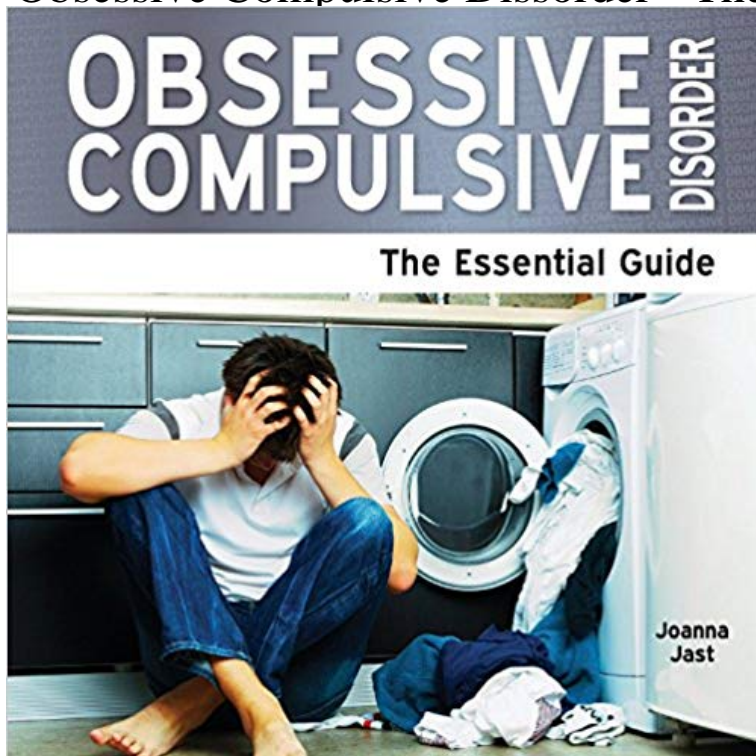


Obsessive Compulsive Disorder - The Essential Guide



Obsessive compulsive disorder (OCD) is often a misunderstood condition, however, it is a medical disorder and several treatments are available to sufferers. Packed with expert advice and practical information, this guide aims to help sufferers and carers to identify OCD, get the condition diagnosed and find the correct treatments for the individual affected. There are easy-to-read sections on what OCD is and why some people develop it. Chapters also cover childhood OCD, OCD in young people and adults and what further help is available to carers and sufferers. Whether you are supporting a friend or family member during the treatment of their OCD, or are tackling the condition yourself, this guide provides the essential information you need to successfully overcome the condition.

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