



The Little Book of OCD

Dave Preston

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The Little Book of OCD

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Everything you need to know about OCD in one, little book! Covers all the basics. Excellent for people wondering if they have OCD, for OCD sufferers, family members and friends or people wanting to know the low down about Obsessive Compulsive Disorder. Includes sections on What is OCD, What are obsessions and compulsions, What to do if you know someone with OCD, CBT and ERP, how many people have OCD and so much more! Dave Preston is an ex-sufferer of OCD, having suffered for 40 years before he sought help with his disorder. His OCD is well managed with medications and what he learned from therapy.

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