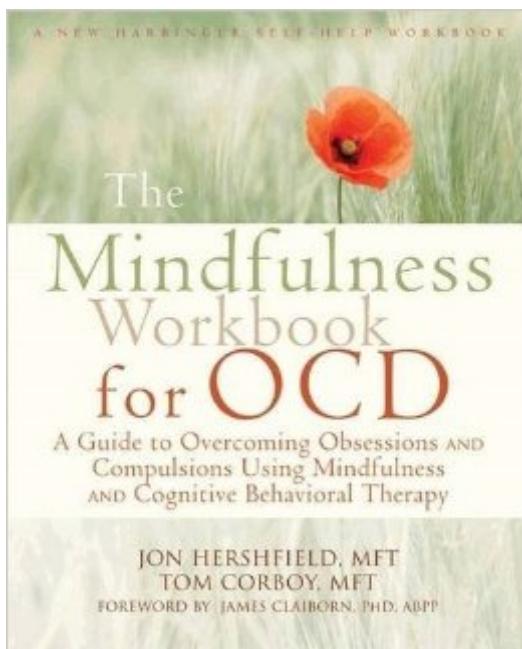


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# The Mindfulness Workbook For OCD: A Guide To Overcoming Obsessions And Compulsions Using Mindfulness And Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks)



## **Synopsis**

If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. Despite the fact that OCD can have a devastating impact on a person's life, getting real help can be a challenge. If you have tried medications without success, it might be time to explore further treatment options. You should know that mindfulness-based approaches have been proven-effective in treating OCD and anxiety disorders. They involve developing an awareness and acceptance of the unwanted thoughts, feelings, and urges that are at the heart of OCD. Combining mindfulness practices with cognitive behavioral therapy (CBT), The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts.

## **Book Information**

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## **Customer Reviews**

I recently finished reading the book "The Mindfulness Workbook for OCD" by Jon Hershfield, MFT and Tom Corboy, MFT and I have to say I was quite impressed and have already started using many of their ideas with my current OCD clients (as well as clients with other kinds of anxiety disorders besides OCD!). Both authors clearly have a wealth of experience working with OCD and

share a number of useful ideas, tips, and techniques in their book. Essentially, mindfulness is moment to moment nonjudgmental awareness of what is happening in your mind. When you start paying attention to what your mind is actually doing, it is really quite surprising how little of the time we really are present. So often we get lost in our thoughts, react to them without thinking, and get caught up in our thought streams which can take us into some very dark and scary places which are very far from the present moment. And this entire process takes place without us being aware that it is happening - we may not be aware that we have a choice to not pay attention to our thoughts and see them for what they are as just "thoughts" and simply not respond. As one develops the ability to be more mindful it is possible to notice these things happening and the very noticing then gives us the possibility of making a different choice. If, after touching a doorknob, I suddenly feel the urge to rush to the bathroom and wash the germs off my hands, I can mindfully be aware that I'm having thoughts about my hands being contaminated but also since I am now more aware I can make a choice to either do what I've always done, rush to wash my hands, or I can make a choice in the moment to stay with the discomfort and see what happens.

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