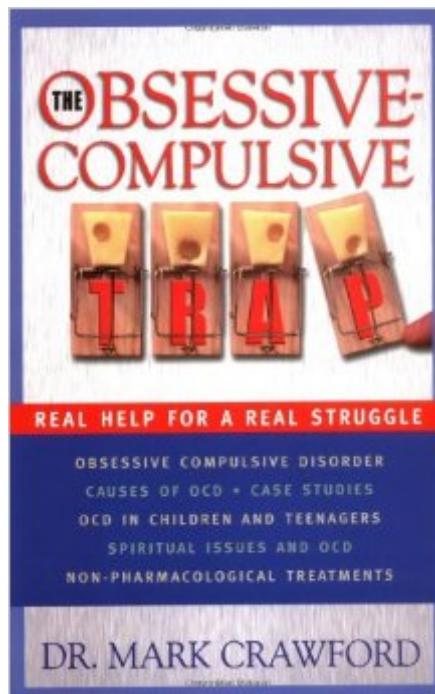


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# The Obsessive Compulsive Trap: Real Help For A Real Struggle



## **Synopsis**

"The Obsessive-Compulsive Trap" is a down-to-earth and informative resource on obsessive-compulsive disorder from a solid Christian perspective. Dr. Mark Crawford teaches how to diagnose OCD and describes the effects it has on more than 120 million people worldwide. Drawing from an expansively clinical background, he illustrates each chapter with clear examples of how men, women and children have found real solutions for dealing with OCD. It's time to get informed and start making changes in society's skewed understanding of this shattering disorder.Â

## **Book Information**

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## **Customer Reviews**

Our 15 year-old daughter was recently diagnosed with ocd. My husband and I have read every article we could find as well as several books. Dr. Crawford's is by far the most informative book we've read while writing in a language we could understand. Offers real hope and encouragement while acknowledging there may be a long road ahead. We constantly refer back to it.

The Obsessive Compulsive Trap clearly defines OCD and its treatment. It is written from a Christian perspective but is not at all preachy. The information would be helpful for people of any faith. Family members and therapists will also find it quite helpful. I wish I had such a book when I first started my recovery from OCD.

I read Dr. Crawford's book while going through a particularly difficult struggle with a form of OCD

called "Pure O", which centered on very distressing themes concerning my faith in Jesus Christ. Dr. Crawford's book provided the affirmation that I needed to see this struggle as a valid and very distressing illness. But beyond that, his book gave me so much insight and direction as to how I could begin my own journey of recovery. Christian's who suffer from OCD nearly always face the added insult and injury of wrong headed accusations that they are to blame for their illness either due to a lack of faith or the "sin" of fear. Dr. Crawford dispels that notion immediately with clarity and medical scientific proof and reasoning. The first step toward recovery for the OCD sufferer is to acknowledge their OCD as an illness rather than a spiritual problem or character flaw. I am so thankful for Dr. Crawford and the work he is doing to educate the Christian community in regard to OCD. So I just want to say thank you to Dr. Crawford for speaking up on behalf of those who suffer from OCD. The difference that his book is making is to provide an education that spurs compassion and empathy rather than judgement and condemnation. From: Mitzi VanCleve , Author of: Strivings Within, Christianity OCD and Me.

Excellent, informative book that gives great examples and offers great hope to those suffering from this disorder. It is also very helpful for families as we all work towards understanding.

This was a great book that provides a great foundation for understanding. I loved how dr. Crawford laced in scripture into his treatments and the book.

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