

BOOK LIST
for Anxiety, Depression & related Disorders

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For a complete booklist with all categories, please see the resources page at the ADAVIC website:

http://www.adavic.org/resources/booklist_complete.pdf

OBSESSIVE COMPULSIVE DISORDER

Obsessive – Compulsive Disorders: A Complete Guide to Getting Well and Staying Well

By Fred Penzel Ph.D

(2000). Hardcover, 448 pages.

This book is the largest and most complete self-help book to date on the subject of obsessive-compulsive disorders. It is intended as a guide for those who suffer from these disorders, as well as their families. The book can be used either to design your own self-help program, or to get information necessary to finding proper and effective treatment. Included in the book is extensive coverage of behavioral therapy, medical treatment and side effects, the treatment of children, relapse prevention, the philosophical issues of recovery, and family issues. There are also complete listings of support groups, inpatient treatment centers, and printed and online resources. Detailed symptoms checklists which can be used when seeking treatment are another unique feature of this book.

Getting Control: Overcoming Your Obsessions and Compulsions

By Lee Baer Ph.D.

(2000). Paperback, 272 pages.

An internationally known expert and Harvard Medical School professor offers an up-to-date guide for treating Obsessive-Compulsive Disorder. 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. 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.

Stop Obsessing! How to Overcome Your Obsessions and Compulsions (Revised Edition)

By Edna B. Foa, Reid Wilson.

(2001). Paperback, 253 pages.

Once considered almost untreatable, OCD is now known to be a highly treatable disorder using behaviour therapy. In this newly revised edition of *Stop Obsessing!* Drs. Foa and Wilson, internationally renowned authorities on the treatment of anxiety disorders, share their scientifically based and clinically proven self-help program that has already allowed thousands of men and women with OCD to enjoy a life free from excessive worries and rituals.

Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive Compulsive Disorder (1999)

By Ian Osborn.

(1999). Paperback, 336 pages.

"I am a licensed psychologist and a patient with obsessive compulsive symptoms. For over five years I have voraciously consumed the available literature to get help for myself and my clients. This book is a must have. Nothing I have read has been better. Dr. Osborn's magic is in letting himself shine through as a fellow sufferer who is a deeply compassionate practitioner. His case studies show many of the subtle faces of OCD and give us insight into the suffering this disorder can bring.

A real highlight of the book is when he lets his group therapy patients speak to us through their ten strategies for coping with OCD. This is a six star book."

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder

By Bruce M. Hyman Ph.D., & Cherry Pedrick R.N.

(1999). Paperback, 198 pages.

Obsessive-compulsive disorder is characterized by the presence of recurrent, intrusive thoughts, impulses, or images (obsessions) or repetitive behaviors or mental acts (compulsions). Symptoms include fear of contamination; excessive hand-washing; persistent, exaggerated thoughts of imaginary danger; and compulsive checking and counting rituals. Such symptoms can become so time-consuming and debilitating that they may have devastating consequences.

Research has established that a combination of medication and cognitive-behavioral therapy is the optimal treatment for OCD. Bruce Hyman and Cherry Pedrick have created an intensive, self-directed program that teaches a person with OCD how to block or postpone rituals, reduce fears, and change unhealthy thought patterns. Included are self-assessments, ways to enlist the help of family and friends, and approaches to overcoming specific disorders.

Brain lock: free yourself from obsessive-compulsive behavior: a four-step self-treatment method to change your brain chemistry.

By Jeffrey M. Schwartz, with Beverly Beyette.

(1997). Paperback, 256 pages.

Through the real-life stories of actual patients, this breakthrough bestseller (more than 40,000 hardcover copies sold) offers obsessive-compulsive disorder (OCD) sufferers a simple four-step program to overcome OCD without the use of drugs.