

The book was found

# Obsessive Compulsive Anonymous: Recovering From Obsessive Compulsive Disorder



## Synopsis

Time-Tested Recovery Principles For OCD. We, of Obsessive Compulsive Anonymous (OCA), have all felt the fury of Obsessive Compulsive Disorder (OCD). OCD, with its crippling power, had left us physically, emotionally and spiritually sick. Here we present, firsthand, our struggles and recoveries from OCD. Fortunately, now, the medical and psychological communities have effective treatments for OCD. For many of us, though, this wasn't enough. The 12 Step program of OCA has proven to be an important part in our continuing recoveries from OCD. Here we include: The 12 Step program for OCD Endorsements from psychiatrists and psychologists 33 personal stories of OCD and recovery Resources for OCD.

## Book Information

Paperback: 226 pages

Publisher: Obsessive Compulsive Anonymous World Services Inc.; 2nd edition (June 14, 1999)

Language: English

ISBN-10: 0962806625

ISBN-13: 978-0962806629

Product Dimensions: 8.4 x 5.4 x 0.6 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #568,502 in Books (See Top 100 in Books) #85 in Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #513 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #543 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior

## Customer Reviews

This is a Twelve Step approach to Obsessive Compulsive Disorder modeled after that of Alcoholics Anonymous. One Day at a Time we can free ourselves from obsessions and compulsions with this spiritual approach which can complement any therapy program or none and any religion or none. Along with Alcoholics Anonymous and its Big Book, Obsessive Compulsive Anonymous and this its own "Big Book" share in success. Many success stories of Obsessive Compulsive Anonymous are contained in this "Big Book" of OCA.

The 12 step process can help with everything in life. Real recovery. Good Stories written by others to help you identify with.

[Download to continue reading...](#)

Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Obsessive Compulsive Anonymous: Recovering From Obsessive Compulsive Disorder OCD: Take CONTROL of Obsessive-Compulsive Behavior for good!: A guide to how to free yourself from Obsessive Compulsive Disorder (OCD). (OCD, Obsessive ... Brain Lock, Delivered from Distraction) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Living with Anxiety and an Obsessive Compulsive Partner (OCD, Mental Illness, Anxiety, Depression, ERP, Obsessive Compulsive Disorder) Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition Obsessions, Rituals and Wasted Time: Living with Obsessive Compulsive Disorder and Waiting for God to Come to the Rescue Everything in Its Place: My Trials and Triumphs with Obsessive Compulsive Disorder Hope Is on Your Side: A Motivational Journal for Those Affected by Obsessive-compulsive Disorder Overcoming Obsessive-Compulsive Disorder - Client Manual (Best Practices for Therapy) Triggered: A Memoir of Obsessive-Compulsive Disorder Tor and The Dark Net: Remain Anonymous Online and Evade NSA Spying (Tor, Dark Net, Anonymous Online, NSA Spying) Sex and Love Addicts Anonymous: The Basic Text for The Augustine Fellowship, Sex and Love Addicts Anonymous Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: &#147;Numb&#148; Survivors Brain Lock: Free Yourself from Obsessive-Compulsive Behavior Hoarding: Help For Families Dealing With Obsessive Hoarding, Collecting and Clutter: (Treatments for Compulsive Acquiring, Saving and Hoarding - Accumulating things) (Life Psychology Series Book 2)

[Dmca](#)