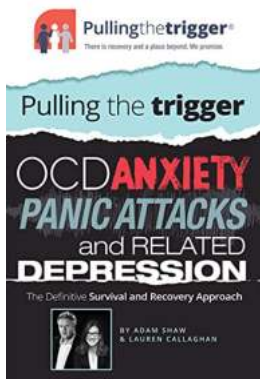


Breaking Free from the Chains of OCD: Overcoming Anxiety, Panic Attacks, and Related Depression



OCD, Anxiety, Panic Attacks and Related Depression: The Definitive CBT Guide to Recovery (Pulling the Trigger) by Adam Shaw (Kindle Edition)

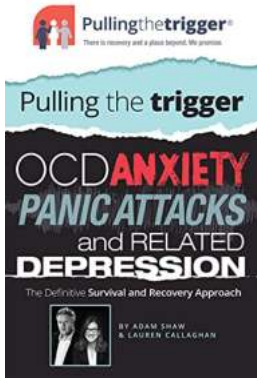
★★★★☆ 4.5 out of 5

Language	: English
File size	: 13932 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 267 pages

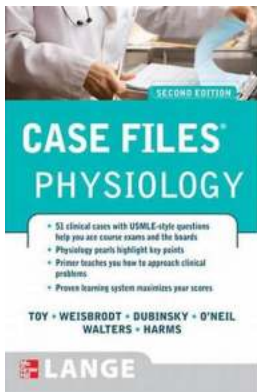


Being in control of your mental health and understanding your own mental health wellbeing just makes everything in life better – it's that simple.

From the heart and soul of Adam Shaw, who battled OCD for decades, and the expert insight of his psychologist, Lauren Callaghan, comes the definitive recovery guide for OCD, anxiety, and related depression. This unique self-help book brings you advice and recovery tools from the separate perspectives of a leading psychologist and her patient, and gives an insight into mental health recovery and CBT techniques that you can really relate to. This new edition contains a bonus chapter on how Adam has used this approach to maintain his recovery and wellness several years on.

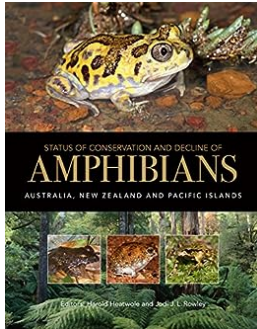


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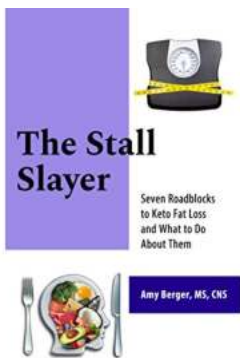
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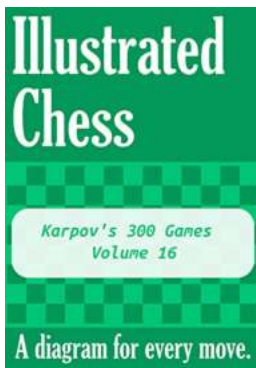
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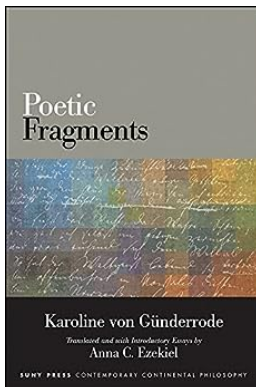
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