



Getting Control: Overcoming Your Obsessions and Compulsions

By Lee Baer

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Thoroughly revised and updated—the go-to book for OCD sufferers who want to master their fears and take charge of their lives

The first comprehensive guide to treating obsessive compulsive disorder based on clinically proven behavioral therapy techniques, Dr. Lee Baer's *Getting Control* has been providing OCD sufferers with information and relief for more than twenty years. In the same easy-to-understand format as the original, this updated edition includes:

- Cutting-edge behavioral therapy techniques
- Breakthrough advances in neuroscience
- Brand new material on hoarding
- Expanded sections on how families can help OCD sufferers
- The latest diagnostic standards as outlined by the American Psychiatric Association
- A completely revised list of resources

OCD sufferers and their loved ones will find everything they need to assess their symptoms, set realistic goals, and create specific therapeutic exercises for managing this disorder.

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Editorial Review

Review

“One of the world’s leading experts on obsessive-compulsive disorder and on methods of self-help. This excellent third edition includes recent advances in the assessment and treatment of this disorder. Sufferers, relatives, and friends can benefit greatly from reading this book.”—**Isaac Marks, M.D., FRCPsych, author of *Living with Fear***

“Very few clinicians are as experienced as Dr. Baer in the treatment of OCD.”—**Sabine Wilhelm, Ph.D., Harvard Medical School; director, OCD and Related Disorder Program, Massachusetts General Hospital**

Praise for *The Imp of the Mind*

“One of the most creative and lucid thinkers in the area of OCD... A marvelous book for the millions who suffer from painful thoughts.”—**Michael A. Jenike, M.D., professor of psychiatry, Harvard Medical School**

“Baer provides a compassionate and understanding voice for millions of people.”—**Chicago Tribune**

About the Author

Lee Baer, Ph.D., is an internationally recognized expert in the treatment of OCD and related disorders. Author of *Getting Control: Overcoming Your Obsessions and Compulsions* and *The Imp of the Mind*, Baer is an associate professor of psychology at Harvard Medical School and the director of research of the OCD unit at Massachusetts General Hospital as well as of the OCD Institute at McLean Hospital.

Users Review

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Julius Montanez:

Playing with family in a park, coming to see the coastal world or hanging out with good friends is thing that usually you have done when you have spare time, subsequently why you don't try factor that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love *Getting Control: Overcoming Your Obsessions and Compulsions*, it is possible to enjoy both. It is very good combination right, you still need to miss it? What kind of hangout type is it? Oh can occur its mind hangout folks. What? Still don't get it, oh come on its referred to as reading friends.

Marie Williams:

Getting Control: Overcoming Your Obsessions and Compulsions can be one of your basic books that are good idea. All of us recommend that straight away because this book has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the

information. The writer giving his/her effort to put every word into pleasure arrangement in writing *Getting Control: Overcoming Your Obsessions and Compulsions* although doesn't forget the main position, giving the reader the hottest along with based confirm resource information that maybe you can be among it. This great information can easily drawn you into brand new stage of crucial imagining.

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