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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.

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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.

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