



Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty

By Jonathan Grayson

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Freedom from Obsessive-Compulsive Disorder reveals Dr. Jonathan Grayson's revolutionary program to help sufferers make sense of their own compulsions through frank, unflinching self-evaluation-providing the tools, instructions, and knowledge for changing their cycles of overwhelming fear and endless rituals, as well as the courage to do it.

This indispensable book includes:

- Self-assessment tests that guide readers in identifying their specific type of OCD and help track their progress in treatment
- Case studies from Dr. Grayson's revolutionary and profoundly successful treatment program
- Blueprints for programs tailored to particular manifestations of OCD
- Therapy scripts to help individuals develop their own therapeutic voice, to motivate themselves to succeed
- "Trigger sheets" for identifying and planning for obstacles that arise in treatment
- Information on building a support group

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Editorial Review

About the Author

Jonathan Grayson, Ph.D., is the director of the Anxiety and Agoraphobia Treatment Center in Philadelphia, and an assistant clinical professor of psychiatry at Temple University Medical School. A nationally recognized expert who has worked with OCD sufferers for more than two decades, Dr. Grayson organized the first OCD support group in the country.

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