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WHY DOES EVERYTHING HAVE TO BE PERFECT?: UNDERSTANDING **OBSESSIVE-COMPULSIVE DISORDER**



Bantam Doubleday Dell Publishing Group Inc, United States, 1999. Paperback. Book Condition: New. 173 x 99 mm. Language: English . Brand New Book. Bad thoughts that won t go away.repetitive actions.feelings of guilt and shame. Are you overwhelmed by a need to quot;get it rightquot;? Do continual quot; what-ifsquot; prevent you from making decisions? Do you check again and again to see if the door is locked? Are your thoughts and habits causing you anxiety, guilt, or shame? If so, you...

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- Authored by Lynn Schackman, Shelagh Ryan Masline
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