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Tormenting Thoughts and Secret Rituals

By Ian Osborn

Delacorte Press Books for Young Readers, United States, 1999. Paperback. Book Condition: New. 200 x 132 mm. Language: English . Brand New Book. While on vacation, Raymond incessantly checked the carpets of Disney World looking for poison he had seen spilled there--in his mind. Sherry was terrified of her thoughts about stabbing her baby daughter. Jeff couldn't silence a mental voice urging him to have sex with men and animals. Howard Hughes had it. So did historical figures Martin Luther and Ignatius of Loyola. They all suffered from obsessive-compulsive disorder (OCD)--as do over five million Americans who need to know that there is now hope and help. Ian Osborn, M.D., a specialist in OCD and a sufferer himself, has written the first comprehensive book on the experience, diagnosis, and treatment of OCD. He reveals recent discoveries about the disease as a biological disorder--a physical, not a psychological abnormality--and the exciting new therapies that have dramatically changed the future for OCD sufferers. His wise, compassionate book includes: Pencil-and-paper tests for self-diagnosis Six steps to conquering OCD Medication that works Early signs that show OCD in children Guidelines for family members A comprehensive listing of where to find organizations and support...

Reviews

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