

Obsessive Compulsive Disorder (OCD)

Self-Help Resources

Abramowitz (2009). *Getting over OCD: a 10-step workbook for taking back your life*. Guilford.

Yadin et al. (2012). *Treating your OCD with exposure with response (ritual) prevention: workbook*. Oxford University Press.

Foa & Wilson (2001). *Stop Obsessing! How to overcome your obsessions and compulsions, revised edition*. Bantam Books.

Penzel (2000). *Obsessive-compulsive disorders: a complete guide to getting well and staying well*. Oxford University Press.

Purdon & Clark (2005). *Overcoming obsessive thoughts: how to gain control of your OCD*. New Harbinger.

Tolin (2012). *Face your fears: a proven plan to beat anxiety, panic, phobias, and obsessions*. Wiley.

Antony & Swinson (2009). *When perfect isn't good enough: strategies for coping with perfectionism*. New Harbinger.

Web-Based Resources

International Obsessive Compulsive Foundation: www.ocfoundation.org

Anxiety Disorders Association of America: www.adaa.org

Anxiety Disorders Treatment Center: www.anxieties.com