An accessible guide for people with OCD and their loved ones, featuring self-help chapters based on Graded Exposure therapy.

“In this book, Professor Drummond delivers authoritative guidance on how to recognise the symptoms of OCD and what to do about it, in terms of treatments that work with a particular focus on self-management. In so doing, she manages to combine the most up to date research advances with a pragmatic, common-sense approach, all articulated with the clarity and compassion for which she is renowned and illuminated by a wealth of personal ‘stories’ that bring the book to life.”

Professor Naomi A. Fineberg, Professor of Psychiatry, University of Hertfordshire
As many as one in five mothers will develop a mental health problem during pregnancy or within the first year after birth.

Severe anxiety affects a huge number of women in pregnancy and the postnatal period, making a challenging time even more difficult. You may be suffering from uncontrollable worries about pregnancy and birth, distressing intrusive thoughts of accidental or deliberate harm to the baby, or fears connected to traumatic experiences. This practical self-help guide provides an active route out of feeling anxious.

Step-by-step, the book teaches you to apply cognitive behaviour therapy (CBT) techniques in the particular context of pregnancy and becoming a new parent in order to overcome maternal anxiety in all its forms. Working through the book you will gain understanding of your anxiety and how factors from the past and present may be playing a role in how you feel. Together with practical exercises and worksheets to move through at your own pace, you will gain the tools you need to help you move forward and enjoy parenthood.
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