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Featuring self-help

Dr Lynne Drummond with Laura Edwards 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."

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