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has been impacted by this illness.'
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Everything You Need to Know About OCD

Featuring self-help
chapters

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.**

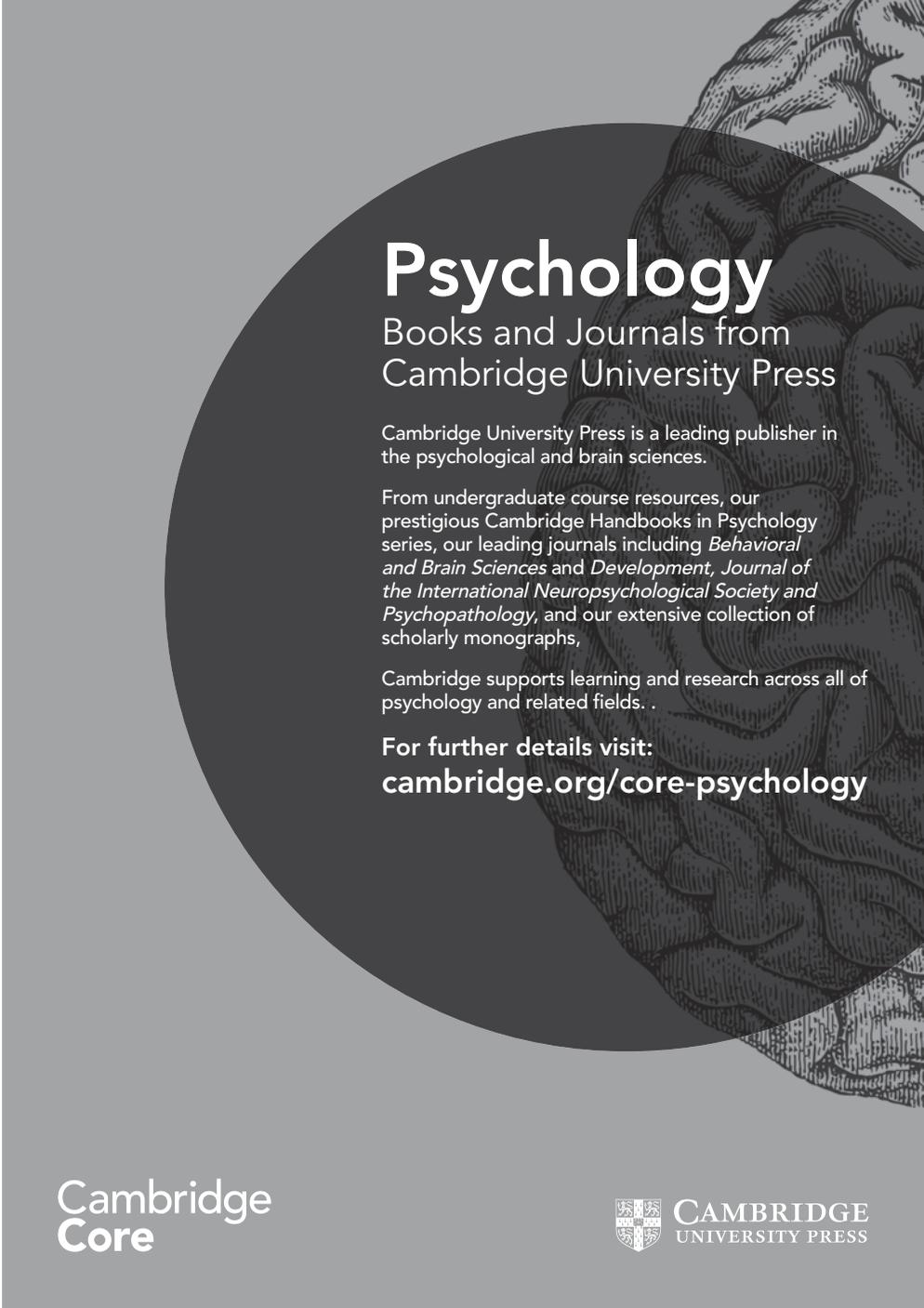
"In this book, Professor Drummond delivers authoritative guidance on how to recognise the symptoms of OCD and what to do about it, in terms of treatments that work with a particular focus on self-management. In so doing, she manages to combine the most up to date research advances with a pragmatic, common-sense 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."

Professor Naomi A. Fineberg, Professor of Psychiatry,
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Behavioural and Cognitive Psychotherapy

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