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by Timothy A. Sisemore PhD : **Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder**

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Description :

PDF-a16f8 | You may not know anyone else who suffers from repetitive “stuck” thoughts and compulsive rituals, but plenty of other teens experience symptoms of obsessive-compulsive disorder (OCD): the need to repeatedly wash their hands, check to make sure everything’s okay, count possessions, put things in order, or even repeat thoughts over and over. Rituals like these may calm you down when you’re f... *Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder*

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