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# Stop Obsessing How To Overcome Your Obsessions And Compulsions Edna B Foa

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You tend to worry...and you can't get the worrisome thoughts out of your mind. You leave the house, but go back again and again to check whether you locked the door...turned off the stove...left the iron on. You save years and years of old magazines and newspapers because someday you might need an ...

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worries and rituals. You will ...

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Since we wrote our first edition of Stop Obsessing! in 1990, numerous research studies have confirmed that cognitive-behavioral therapy-using protocols similar to those in this book-is a highly successful treatment for obsessions and compulsions. If you experience moderate forms of obsessive worrying or compulsive behaviors, we expect that you will be able to improve by working with this book on your own.

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In Stop Obsessing! you will discover: A series of questionnaires to help you analyze the severity of your obsessions and compulsions An initial self-help program to overcome milder symptoms and reduce more severe cases The most effective way to help you let go of your obsessions and gain control over your compulsions

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