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OCD is one of the most common mental health conditions and is thought to affect 2-3% of the UK population at a clinical level, while many more may experience some symptoms which interfere with their life.Written by three experts in the field of Cognitive Behavioural Therapy (CBT), Break Free From OCD helps us understand OCD and provides an approach to overcoming the disorder.

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Challacombe F., Bream Oldfield V. and Salkovskis P., Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT, Vermilion, London, 2011. This is a practical guide to what OCD is, how OCD has such a grip on sufferers, and how to break the cycle.