



# **Living with OCD, 2nd Edition: A Powerful Guide to Understanding Obsessive Compulsive Disorder in Children And Adults**

*Jeffrey Powell*

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## **Living with OCD, 2nd Edition: A Powerful Guide to Understanding Obsessive Compulsive Disorder in Children And Adults** Jeffrey Powell

Obsessive compulsive disorder is quite a common thing that plagues a lot of people today. It is not an isolated case. You or your loved ones may have it as well. Knowing what you are up against can help you get better equipped for fighting this debilitating battle against your thoughts and actions.

Learn what obsessive compulsive disorder is, and how it differs from a similarly named disorder called obsessive compulsive personality disorder (OCPD). Learn how obsessive compulsive disorder affects adults and children, and what you can do to remove or at least lessen the torment caused by it.

OCD Covered...

- What Is OCD?
- OCD or OCPD?
- OCD in Children
- How to Cope with OCD
- Tools for Managing OCD at Home
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- Much, much more!

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