



# **Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents**

*Tamar Phd Chansky*

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# Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents

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## **Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents** Tamar Phd Chansky

If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions.

In her landmark book, **Freeing Your Child from Obsessive-Compulsive Disorder**, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD -- the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis.

Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things "just right," intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites.

Filled with Dr. Chansky's compassionate advice and inspiring words from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.

*From the Hardcover edition.*

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#### **Virginia Boone:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their spare time with their family, or their very own friends. Usually they carrying out activity like watching television, gonna beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? May be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the publication untitled Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents can be very good book to read. May be it might be best activity to you.

#### **Richard Kitterman:**

The reason? Because this Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents is an unordinary book that the inside of the book waiting for you to snap it but latter it will shock you with the secret that inside. Reading this book next to it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of positive aspects than the other book have got such as help improving your talent and your critical thinking way. So , still want to hold up having that book? If I have been you I will go to the reserve store hurriedly.

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