



Obsessive-Compulsive Disorder Demystified : An Essential Guide for Understanding and Living with OCD

Cheryl Carmin



A complex illness that is often difficult to identify, OCD affects approximately 6 million to 9 million Americans. In *Obsessive-Compulsive Disorder Demystified*, clinical psychologist and OCD specialist Cheryl Carmin offers an enlightening and useful guide for anyone with OCD, their families, and friends. In clear and compassionate language, Dr. Carmin helps those who suffer from the illness understand the true nature of OCD, the factors that complicate its diagnosis, and the benefits of treatment through cognitive behaviour therapy and/or medication. With insight and anecdotes from an OCD patient-advocate, *Obsessive-Compulsive Disorder Demystified* makes great strides in dispelling the mystery surrounding this condition, helping readers decide if its time to seek treatment and providing those with this anxiety disorder the information they need to better manage their lives.

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