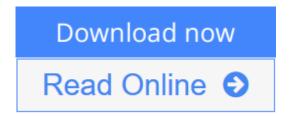


# When Once is Not Enough: Help for Obsessive-Compulsives

By Gail Steketee, Kerrin White



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This book offers a proven behavioral approach to treating OCD in a simple selfhelp format. Recognize and confront your fears. Use simple exercises to block rituals, keep going with positive coping strategies, and handle complications and relapses.

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