Recommended Self-Help Books on Obsessive-Compulsive Disorder

Christina J. Taylor, Ph.D.

Hagen, A. (2023). *Imperfectly good: Navigating religious and moral anxiety to release fear and find peace*. Mindset Family Therapy.

Hershfield, J. (2018). *Overcoming harm OCD: Mindfulness and CBT tools for coping with unwanted violent thoughts*. New Harbinger Publications.

Hershfield, J., Corboy, T., Winston, S. M., Seif, M. N., Pittman, C. M., Karle, E. M., Knaus, W. J., Shannon, J., Carbonell, D. A., & Johnson, A. (2022). *The intrusive thoughts toolkit: Quick relief for obsessive, unwanted, or disturbing thoughts*. New Harbinger Publications.

Hyman, B. M., & Pedrick, C. (2010). *The OCD Workbook: Your guide to breaking free from obsessive-compulsive disorder* (3rd ed.). New Harbinger Publications.

LeJeune, C. (2023). *"Pure O" OCD: Letting go of obsessive thoughts with acceptance and commitment therapy*. New Harbinger Publications.

Taylor, C. J. (2016). *OCD: A workbook for clinicians, children & teens: Actions to beat, control & defeat obsessive compulsive disorder*. PESI Publishing & Media.

Winston, S. M., & Seif, M. N. (2017). *Overcoming unwanted intrusive thoughts: A CBT-based guide to getting over frightening, obsessive, or disturbing thoughts*. New Harbinger Publications.

OCD Websites

International OCD Foundation: iocdf.org

OCD Connecticut (Affiliate of the International OCD Foundation): ocdct.org

Fairfield County OCD Support Group: http://fairfieldocdgroup.freehostia.com

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