



# **The OCD Answer Book: Professional Answers to More Than 250 Top Questions about Obsessive-Compulsive Disorder**

*Patrick B. McGrath*

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At any one time at least five million people in the United States are experiencing the symptoms of Obsessive-Compulsive Disorder (OCD), a mental disorder defined by recurrent, unwelcome thoughts (obsessions) and repetitive behaviors (compulsions) that OCD sufferers feel driven to perform.

The OCD Answer Book is an authoritative reference for these adults and their loved ones, providing sound advice and immediate answers to their most pressing questions.

- What is an obsession?
- What is a compulsion?
- Is it possible to "grow out" of OCD?
- Does OCD run in families?
- What increases my risk for OCD?
- If I check something several times does that mean that I suffer from OCD?
- I heard that OCD and strep throat might be related to each other. Is that true?

Written by an experienced psychologist in an easy-to-read Q&A format, The OCD Answer Book helps readers and their loved ones cope with OCD, conquer their fears, and seek therapy when necessary.

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