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Nota di contenuto	Intro -- Contents -- Foreword -- Introduction: Living Fully and Freely with OCD -- Chapter 1: What Is Obsessive-Compulsive Disorder? -- Chapter 2: Clarifying Your Values -- Chapter 3: Letting Go of Control -- Chapter 4: Acceptance -- Chapter 5: Mindfulness -- Chapter 6: Hooked on Thoughts -- Chapter 7: Unhooking from Your Thoughts and Making a Choice -- Chapter 8: Cultivating Self-Compassion -- Chapter 9: Getting to Know Your Core Fear -- Chapter 10: Setting the Intention to Live Boldly -- Chapter 11: Taking a Courageous Stance -- Chapter 12: Living a Values-Based Life -- Acknowledgments -- Appendix: Sample Exposure Exercises -- References.
Sommario/riassunto	The ACT Workbook for OCD combines evidence-based acceptance and commitment therapy (ACT) with exposure and response prevention (ERP) for the most up-to-date, effective treatment for obsessive-compulsive disorder (OCD). With this workbook, readers who struggle with OCD will learn to identify the underlying mechanisms of their disorder, move through triggering incidents while staying present and connected to their values, tolerate uncertainty, and commit to behaviors that ultimately allow them to lead full, rewarding lives.