



**The Everything Health Guide to OCD:
Professional advice on handling anxiety,
understanding treatment options, and finding the
support you need (Everything: Health and Fitness)**

Chelsea Lowe

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OCD sufferers have difficulty concentrating, and often their compulsions make it difficult for them to lead their everyday lives. Misdiagnosed or untreated OCD can become chronic and more severe. Written by an OCD sufferer with a technical review by a licensed psychologist, this practical guide covers diagnosis and identification of symptoms, type of OCD, current treatment options, coping strategies, and support groups. People who suffer from the disorder can rest easy, knowing they have the knowledge and medical information to help them recognise and cope with the symptoms and decide upon treatment.

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