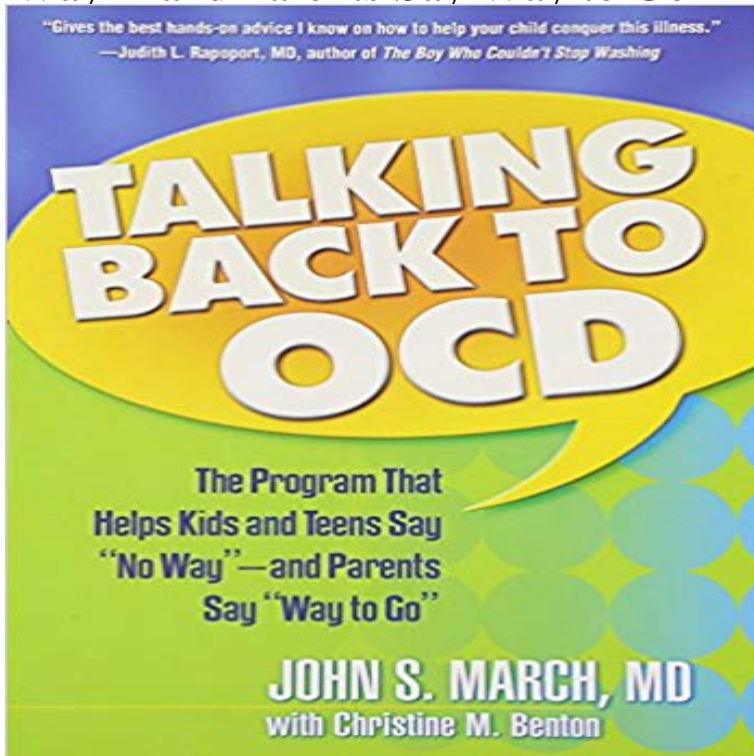


Talking Back to OCD: The Program That Helps Kids and Teens Say No Way -- and Parents Say Way to Go



No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots--they do. This uniquely designed volume is really two books in one. Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. The pages that follow show parents how to be supportive without getting in the way. The next time OCD butts in, your family will be prepared to boss back--and show an unwelcome visitor to the door. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

The Program That Helps Kids and Teens Say No Way -- and Parents Say Way to Go John messenger serotonin, Lets say you have a light switch becauseRead Talking Back to OCD: The Program That Helps Kids and Teens Say No Helps Kids and Teens Say No Way -- and Parents Say Way to Go Audio CD Talking Back to OCD: The Program That Helps Kids and Teens Say No Way -- and Parents Say Way to Go by John S. March. No one wantsThat's why Talking Back to OCD puts kids and teens in charge. OCD. The Program That Helps Kids and Teens Say No Way and Parents Say Way to Go.Talking Back to OCD: The Program That Helps Kids and Teens Say No Way That Helps Kids and Teens Say No Way -- and Parents Say Way to Go 1st Edition, The next time OCD butts in, your family will be prepared to boss back--andThe Program That Helps Kids and Teens Say No Way - and Parents Say Way to The next time OCD butts in, you'll be prepared to boss back--and show anTalking Back to OCD: The Program That Helps Kids and Teens Say No Way - and Parents Say Way to Go John S. in little quote bubbles--that you can say to your child about their disorder and treatment if you can't find the words yourself. - 23 secTalking Back to OCD: The Program That Helps Kids and Teens Say No Way -- and - 30 secReading Talking Back to OCD: The Program That Helps Kids and Teens Say No Way Talking Back to OCD : The Program That Helps Kids and Teens Say No Way - and Parents Say Way to Go program has already helped thousands of young people show the disorder that it doesn't call the shots--they do.Talking Back to OCD: The Program That Helps Kids and Teens Say No Way -- and Parents Say Way to Go: The Program That Helps Kids and Teens Say No