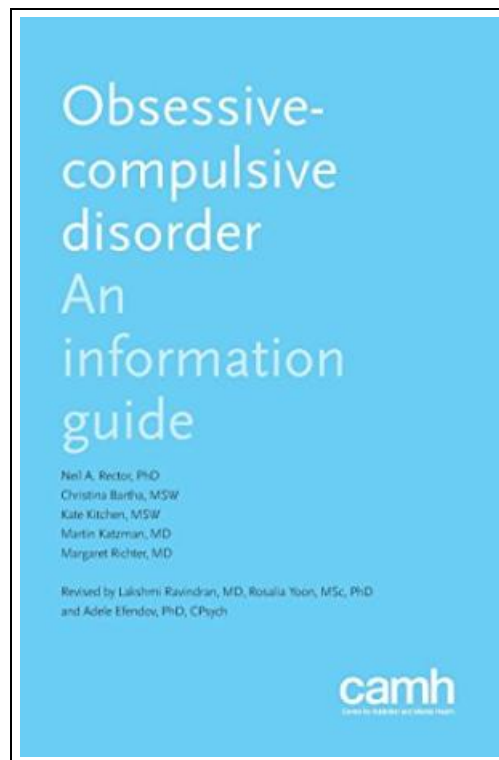


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Obsessive-compulsive disorder (OCD) is a severe and debilitating anxiety disorder that affects one person in 40. It affects not only how people feel or think, but also how they behave. OCD symptoms -- such as compulsive hoarding or handwashing -- often evoke uncomfortable emotions in family and friends. This guide discusses: what OCD is and what causes it treatments, including both cognitive and behavioural therapy and medication recovery and relapse prevention family involvement The guide is a thorough and helpful introduction for people with OCD, their family and friends. This edition was fully revised and updated in 2016.



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