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THE ESSENTIAL GUIDE TO OCD: HELP FOR FAMILIES AND FRIENDS



Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, The Essential Guide to OCD: Help for Families and Friends, Helen Poskitt, Are you living or working with someone who has Obsessive Compulsive Disorder (OCD)? Perhaps it's your partner or child; a parent, close friend or work colleague? Diagnosed as often as diabetes, the condition can lead both sufferers and those around them to feel isolated. However, you are not alone. This practical guide enables families, carers and friends to provide...

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- Authored by Helen Poskitt
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