



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

John S. March MD MPH

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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 young readers zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. Dr. March demonstrates how to:

- *Create a nickname for the illness to remember that OCD isn't you
- *Make a symptom chart so you can plan when and where to start talking back
- *Break the disorder's rules about the rituals

The pages that follow the instructions for kids and teens show their parents how to be supportive without getting in the way, including tips for:

- *Separating the OCD from your son or daughter
- *Asking your child's permission to stop helping with rituals
- *Offering praise without imposing expectations

After just a few months' practice, your family will get back to spending time on things that matter, instead of following pointless orders from the illness. The next time OCD butts in, you'll 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

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From reader reviews:

Frank Craver:

Have you spare time for any day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a wander, shopping, or went to the particular Mall. How about open or maybe read a book entitled Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go"? Maybe it is to get best activity for you. You recognize beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have other opinion?

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Jack Morgan:

The book untitled Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go" contain a lot of information on it. The writer explains the girl idea with easy method. The language is very straightforward all the people, so do not worry, you can easy to read this. The book was published by famous author. The author gives you in the new age of literary works. You can easily read this book because you can continue reading your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can start their official web-site along with order it. Have a nice learn.

Shelly Sampson:

In this particular era which is the greater person or who has ability to do something more are more special than other. Do you want to become considered one of it? It is just simple solution to have that. What you are related is just spending your time not much but quite enough to possess a look at some books. One of several books in the top collection in your reading list is usually Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go". This book which is qualified as The Hungry Inclines can get you closer in turning into precious person. By looking upwards and review this e-book you can get many advantages.

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