



Coping with Obsessive Compulsive Disorder

Kevin Gournay, Rachel Piper, Paul Rogers

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OCD is thought to affect up to one million people in the UK, and an estimated three million in the USA. Listed among the top 10 most debilitating illnesses by the World Health Organisation, OCD can have a devastating effect on work, social life and personal relationships. Professional treatment can be hard to access, and in addition many people are too ashamed of their problem to seek help. Coping with Obsessive Compulsive Disorder offers expert advice and a thorough self-help programme based on solid scientific evidence.

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