

Christine Purdon, Ph.D., C.Psych.
David A. Clark, Ph.D., L.Psych.

Overcoming Obsessive Thoughts

HOW
TO GAIN
CONTROL
OF YOUR
OCD

- LEARN TO:**
- Identify and manage your ritualistic and intrusive thoughts
 - Overcome your fear of unwanted thoughts
 - Reduce your anxiety
 - Find emotional relief from obsessional thinking

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