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Foa, PhD and Reid Wilson, PhD Freedom From Obsessive-Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty by Jonathan Grayson, PhD The Mindfulness Workbook for OCD (New Harbinger Self-Help Workbooks) by Jon Hershfield MFT Coping With OCD: Practical Strategies for Living Well With Obsessive-Compulsive Disorder by Bruce Hyman, PhD with Troy Dufrene The OCD Workbook: Your Guide to Breaking Free from Obsessive Compulsive Disorder by Bruce M. Tompkins, PhD, and Tamara L. 26 Years of OCD, 2nd Edition by David William Dahlberg Battle for Control: A Memoir of Anorexia, Exercise Bulimia, and Other Compulsions by Doug Erlandson Memoirs of a Born Sleppeer Never Give OCD a Third Thought by Rod Fadem Laid Bare by Jesse Fink Obeying Conflicting Demands: Silencing the Voice of Obsessive-compulsive Disorder by Denise R. Steketee, PhD Digging Out: Helping Your Loved One Manage Clutter Hoarding and Compulsive Acquiring by Michael A. Goerkoek, PsyD (2009) Family Based Treatment for Young Children With OCD: Therapist Guide (Treatments That Work) by Jennifer Freemand and Abbe Garcia Family-Based Treatment for Young Children with OCD Workbook (Programs That Work) by Jennifer Freeman and Abbe Garcia Compulsive Hoarding and Acquiring (Therapist Guide) by Gail S. Abramowitz, Wiegartz, PhD and Kevin L. Elliott, PhD and Laura L. Collie, ThD Mastery of Obsessive-Compulsive Disorder: A Cognitive-Behavioral Approach (Therapist Guide) by Edna Foa, PhD and Michael J. Frost, PhD, and Gail S. Books with a checkmark are self-help books written by professionals which meet the IOCDF Book Review Task Force's criteria for evidence-based self-help books. Steketee, PhD, Teresa Pigott, MD, and Todd Schemmel, PhD candidate Obsessive-Compulsive Disorder: Theory Research and Treatment Edited by Richard P Swinson MD Martin M Antony PhD Stanley Rachman PhD and Margaret A Richter MD OCD Treatment Through Storytelling: A Strategy for Successful Therapy by Allen Weg Cognitive Therapy of Obsessive-Compulsive Disorder: A Guide for Professionals by Sabine Wilhelm, PhD and Gail S. Steketee, PhD Biobehavioral Treatment of Obsessive-Compulsive Spectrum Disorders by Jose A. Steketee, PhD Obsessive Compulsive Disorder (The Latest Assessment and Treatment Strategies) Edited by Gail S. PhD and Arthur C. Antony, PhD and Peter J. Readers should not view the material in the books as a substitute for care from a professional. Kozak, PhD Mastery of Obsessive-Compulsive Disorder: A Cognitive-Behavioral Approach (Client Workbook) by Edna Foa, PhD and Michael J. Abramowitz, PhD. Dean McKay and Steven Taylor Obsessive-Compulsive Disorder: Advances in Psychotherapy (An Evidence-Based Practice Book) by Jonathon S. Kozak, PhD The Literary and Linguistic Construction of Obsessive-Compulsive Disorder: No Ordinary Doubt (Literary Disability Studies) by Patricia Friedrich, PhD Clinical Obsessive-Compulsive Disorders in Adults and Children Robert Hudak, MD (Editor) and Darin Dougherty, MD (Editor) Obsessive-Compulsive Disorders: Practical Management by Michael Jenike, MD, Lee Baer, PhD, and William Minichiello, EdD Obsessive Compulsive Disorder: Elements, History, Treatments, and Research by Leslie J. Hyman, PhD and Cherry Pedrick, RN Free yourself from OCD: CBT-based strategies to manage intrusive thoughts and compulsive behaviors by Jonah Lakin, PsyD The Complete Idiot's Guide to Conquering Obsessive Compulsive Behavior by Bruce Mansbridge, PhD The OCD Answer Book: Professional Answers to More Than 250 Top Questions About Obsessive-Compulsive Disorder by Patrick B. Keeler The Crazy and The Damned: An OCD Memoir: A Story of Hope & Victory by Robert Lanni Saving Sammy: Curing the Boy Who Caught OCD by Beth Alison Maloney An OCD Life by Fred Mletzko From Tortured to Almost Free: A Psychiatric Therapist's Life with Obsessive Compulsive Disorder by Cathy Goldstein Mullin, LICSW Fixation Pains ...A True Struggle for Survival by John Michael Molinari, III Life in Rewind: The Story of a Young Courageous Man Who Persevered Over OCD and the Harvard Doctor Who Broke All the Rules to Help Him by Terry Weible Murphy, Michael A. Frost, PhD Compulsive Hoarding and Acquiring (Client Workbook) by Gail S. Evelyn Stewart, MD OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual by John S. Frost, PhD. The following list is just a small percentage of all the books out there on OCD and related disorders, and is provided for informational purposes only. Munford, PhD Over and Over: Again Understanding Obsessive Compulsive Disorder, Revised Edition by Fugen Neziroglu, PhD and Jose Yaryura-Tobias, MD Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive-Compulsive Disorder by Ian Osborn, MD Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well by Fred Penzel, PhD Overcoming Obsessive Thoughts by Christine Pardon, PhD, CPsych and David A. Clark, PhD, LPsych The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder by Judith L. and Gail S. Geffken, PhD, and Tanya K. March, MD, MPH and Karen Mulle, BSN, MTS, MSW Cognitive Behavioral Treatment of Childhood OCD: It's Only a False Alarm (Therapist Guide) by John Piacentini, Audra Langley, and Tami Roblek Handbook of Child and Adolescent Obsessive-Compulsive Disorder Edited by Eric A. Abramowitz, PhD Concepts and Controversies in Obsessive Compulsive Disorder Edited by Jonathon S. Frost, PhD The Hoarding Handbook: A Guide for Human Service Professionals by Christiana Bratiotis, PhD, LCSW, Cristina Sorrentino Schmalisch, PhD, and Gail Steketee, PhD It's a Matter of Trust: Hope and Solutions for OCD and How I Got Better by James Callner The Thing Inside My Head: A Family's Journey Through Mental Illness by Lois Chaber Exiting the Maze by Nathan Cole OCD and Me: My Unconventional Journey Through Obsessive Compulsive Disorder by Bess Cunningham Life in a Whirlwind of Numbers. Storch, PhD, Gary R. The IOCDF does not specifically recommend or endorse any book or its author. Hartl, PhD Stuff: Compulsive Hoarding and the Meaning of Things by Randy O. J. Steketee, PhD Conquer the Clutter: Strategies to Identify, Manage, and Overcome Hoarding by Elaine Birchall and Suzanne Cronkwright Overcoming Health Anxiety by Rob Willson and David Veale Clinical Handbook of Obsessive-Compulsive Disorder and Related Problems Edited by Jonathan S. Folcik Living With Severe Obsessive Compulsive Disorder by Marie Gius The People You Meet in Real Life by Melissa Ann Hopely I Chose Life: A Struggle With OCD, Anxiety, & Depression by Greg Horne The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder by Jared Kant I Hardly Ever Wash My Hands: The Other Side of OCD by J. Rewind Replay Repeat: A Memoir of Obsessive-Compulsive Disorder by Jeff Bell When in Doubt Make Belief: An OCD-inspired Approach to Living with Uncertainty by Jeff Bell Obsessive-Compulsive Anonymous: Recovering from Obsessive-Compulsive Disorder by Roy C. Steketee, PhD Overcoming Obsessive-Compulsive Disorder: A Behavioral and Cognitive Protocol for the Treatment of OCD (Therapist Protocol) by Gail S. McGrath, PhD Overcoming Compulsive Checking by Paul R. Clark The Obsessive-Compulsive Disorder: Pastoral Care for the Road to Change by Robert M. Smith, PhD Stop Obsessing!: How to Overcome Your Obsessions and Compulsions by Edna B. Jenike, and Edward E Zine Check Mates: A Collection of Fiction Poetry and Artwork About Obsessive-Compulsive Disorder by People with OCD by E.I. Muse and Jennifer Abrams Is Fred in the Refrigerator?: Taming OCD and Reclaiming My Life by Shala Nicely, LPC Desert Lily by Peter A. The IOCDF does not review or provide this designation to self-help books and memoirs written by consumers or professional books written by professionals. Norton, PhD The Imp of the Mind: Exploring the Silent Epidemic of Obsessive Bad Thoughts by Lee Baer, PhD Getting Control: Overcoming Your Obsessions and Compulsions by Lee Baer, PhD, with a forward by Judith Rapoport, MD Obsessive-Compulsive Disorder Demystified: An Essential Guide for Understanding and Living with OCD by Cheryl Carmin, PhD The Obsessive-Compulsive Trap Real Help for a Real Struggle by Mark Crawford, PhD Daring to Challenge OCD: Overcome Your Fear of Treatment & Take Control of Your Life Using Exposure & Response Prevention by Joan Davidson, PhD Obsessive-Compulsive Disorder: The Facts by Padmal de Silva and Stanley Rachman The Sky is Falling: Understanding and Coping with Phobias Panic and Obsessive-Compulsive Disorder by Raemann Dumont Obsessive-Compulsive Disorder For Dummies by Charles H. Shapiro, LICSW Treatment of Obsessive-Compulsive Disorder by Gail S. Houts Cognitive-Behavior Therapy for OCD by David A. Steketee, PhD and Randy O. The IOCDF is an official Amazon Associate and when purchasing a book through one of the links below a portion of that purchase is directed back to the IOCDF. Abramowitz, PhD The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry Phobias Panic and Obsessions (The Guilford Self-Help Workbook Series) by Martin M. by Lynn Schackman, MD and Sholagh Ryan Masline Brain Lock: Free Yourself from Obsessive-Compulsive Behavior by Jeffrey M. Schwartz, MD with Beverly Beyette Understanding OCD: Skills to Control the Conscience and Outsmart Obsessive Compulsive Disorder by Leslie Shapiro Deep Brain Stimulation: A New Treatment Shows Promise in the Most Difficult Cases by Jamie Talan Conquer Your Fears and Phobias for Teens: How to Build Courage and Stop Fear from Holding You Back (Instant Help Solutions) by Andrea Umbach PsyD Coping with Obsessive-Compulsive Disorder: A Step-by-Step Guide Using the Latest CBT Techniques (Coping with Oneworld) by Jan van Niekerk Overcoming OCD by David Veale and Rob Willson Overcoming Unwanted Intrusive Thoughts: A CBT-Based Guide to Getting Over Frightening, Obsessive or Disturbing Thoughts by Sally Winston, PsyD & Martin Sief, PhD The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought by David Adam The Boy Who Finally Stopped Washing: OCD From Both Sides of the Couch by John B. The book list is broken down into the following categories, for easier browsing; Self-Help General Compulsive Acts: A Psychiatrist's Tales of Rituals and Obsessions by Elias Aboujaoude, MD Getting Over OCD: A 10-Step Workbook for Taking Back Your Life by Jonathan S. Rapoport, MD Why Does Everything Have to be Perfect? Murphy, MD Treatment of OCD in Children and Adolescents A Cognitive-Behavioral Therapy Manual by Aureen Pinto Wagner, PhD The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety Worry Panic Attacks Obsessions and Compulsions by Pamela S. Yaryura-Tobias, MD and Fugen Neziroglu, PhD OCD in Children and Adolescents: The "OCD Is Not the Boss of Me" Manual by Katherine McKenney, PhD, Annie Simpson, PhD, S. Pascaris Contaminated: My Journey Out of Obsessive Compulsive Disorder by Gerry Radano, MSW "It'll be Okay": How I Kept Obsessive-Compulsive Disorder (OCD) from Ruining My Life by Shannon Shy Strivings Within - The OCD Christian: Overcoming Doubt in the Storm of Anxiety by Mitzi VanCleve Triggered: A Memoir of Obsessive-Compulsive Disorder by Fletcher Wortmann Trichotillomania Intrusive Thoughts Overcoming Compulsive Hoarding by Fugen Neziroglu, PhD, ABPP, Jerome Dubrick, PhD, and Jose Yaryura-Tobias, MD Buried in Treasures: Help for Compulsive Acquiring Saving and Hoarding by David F. Tolin, PhD, Randy O. Steketee, PhD Overcoming Obsessive-Compulsive Disorder A Behavioral and Cognitive Protocol for the Treatment of OCD (Client Manual) by Gail S.

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