

# The CPRI Brake Shop: Books on Obsessive-Compulsive Disorder (OCD)

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## General Books on OCD

### 'Brake Shop' favourites!

Foa, Edna & Wilson, Reid (2001), Stop Obsessing!: How To Overcome Your Obsessions And Compulsions, Revised Edition, New York: Bantam Books

Schwartz, Jeffrey M. (1996), Brain Lock: Free Yourself From Obsessive-Compulsive Behaviour, New York: Harper Collins

"Baer, Lee (2000), Getting Control, Revised Edition, New York, NY: Plume

Baer, Lee (2001), Imp Of The Mind: Exploring The Silent Epidemic Of Obsessive Bad Thoughts, New York, NY: Dutton

Bubrick, Jerome; Neziroglu, Fugen; Yaryura-Tobias, Jose (2004), Overcoming Compulsive Hoarding: Why You Save And How You Can Stop, Oakland, Calif: New Harbinger Publications

Clark, David (2003), Cognitive-Behavioral Therapy For OCD, New York: Guilford Press

Clark, David & Purdon, Christine (2005), Overcoming Obsessive Thoughts: How To Gain control Of Your OCD, Oakland, Calif: New Harbinger Publications

Crawford, Mark (2004), The Obsessive Compulsive Trap, Ventura, Calif: Regal Books

Grayson, Jonathan (2003), Freedom From Obsessive Compulsive Disorder: A Personalized Recovery Program For Living With Uncertainty, New York: Tarcher

Hyman, Bruce M. & Pedrick, Cherry (2005), The OCD Workbook: Your Guide To Breaking Free From Obsessive-Compulsive Disorder, 2<sup>nd</sup> Edition, Oakland, Calif: New Harbinger Publications

Munford, Paul (2004), Overcoming Compulsive Checking: Free Your Mind From OCD, Oakland, Calif: New Harbinger Publications

Munford, Paul (2005), Overcoming Compulsive Washing, Oakland, Calif: New Harbinger Publications

Osborn, Ian (1998), Tormenting Thoughts and Secret Rituals, New York: Pantheon Books

Penzel, Fred (2000), Obsessive Compulsive Disorders, New York: Oxford U. Press

## Treatment of Childhood OCD

### 'Brake Shop' favourites!

Chansky, Tamar E. (2000), Freeing Your Child From OCD, New York: Three Rivers Press

Wagner, Aureen Pinto (2002), What To Do When Your Child Has Obsessive Compulsive Disorder, Rochester, NY: Lighthouse Press

### Other Treatment:

Chansky, Tamar (2004), Freeing Your Child From Anxiety, New York: Broadway Books

Dornbush, Marilyn & Pruitt, Sheryl (1995), Teaching The Tiger: A Handbook For Individuals Involved In The Education Of Students With Attention Deficit Disorders, Tourette Syndrome Or Obsessive-Compulsive Disorder, Duarte, Calif: Hope Press

Fitzgibbons, Lee & Pedrick, Cherry (2003), Helping Your Child With OCD: A Workbook For Parents Of Children With Obsessive-Compulsive Disorder, Oakland, Calif: New Harbinger Publications

Johnston, Hugh E. & Fruehling, J. Jay (2002), Obsessive Compulsive Disorder In Children & Adolescents: A Guide, Madison, Wisconsin: Madison Institute of Medicine

March, John S. & Mulle, Karen (1998), OCD In Children & Adolescents: A Cognitive Behavioral Treatment Manual, New York; London: Guilford Press

Rapoport, Judith (1989), The Boy Who Couldn't Stop Washing, New York, NY: E.P. Dutton

Thomsen, Per Hove (1999), From Thoughts To Obsessions: Obsessive Compulsive Disorder In Children And Adolescents, London: Jessica Kingsley

Wagner, Aureen Pinto (2003), Treatment Of OCD In Children And Adolescents: A Cognitive-Behavioural Therapy Manual, Rochester, NY: Lighthouse Press

Walz, Mitzi (2000), Obsessive-Compulsive Disorder: Help For Children & Adolescents, Sebastopol, Calif: O'Reilly & Associates

## OCD Books for Children/Teens

### 'Brake Shop' favourites!

Jablonsky, Jennifer & Moritz, E. Katia (1998), Blink, Blink, Clop, Clop : Why Do We Do The Things We Can't Stop? – An OCD Storybook, Plainsview, New York: Childsworld/Childsplay (for children)

Kant, Jared Douglas with Marin Franklin PH.D., and Linda Wasmer Andrews (2008), The Thought That Counts: A Firsthand Account Of One Teenager's Experience With Obsessive-Compulsive Disorder, New York: Oxford University Press (for teens)

March, John S. (2006), Talking Back To OCD: The Program That Helps Kids & Teens Say 'No Way' – And Parents Say 'Way To Go', New York: The Guilford Press (for teens)

Wagner, Aureen Pinto (2004), Up And Down The Worry Hill: A Children's Book About Obsessive-compulsive Disorder And Its Treatment, New York: Three Rivers Press (for children)

### Other Books:

Hesser, Terry Spencer (1998), Kissing Doorknobs, New York: Delacorte Press

Foster, Constance H. (1997), Kids Like Me, Solvay Pharmaceuticals, Ellsworth, Maine: Dilligaf Publishing

Foster, Constance H. (1994), Polly's Magic Games, Ellsworth, Maine: Dilligaf Publishing

Huebner, Dawn (2007), What To Do When Your Brain Gets Stuck: A Kid's Guide To Overcoming OCD, Washington: Magination Press

Niner, Holly L. (2004), Mr. Worry: A Story About OCD, Morton Grove, Ill: Albert Whitman

Talley, Leslie (2004), A Thought Is Just A Thought: A Story Of Living With OCD, New York: Lantern Books

Weaver, Chris (1994), The Secret Problem, Concord West, New South Wales: Shrink-Rap Press

Wells, Joe (2006), Touch And Go Joe: An Adolescent's Experience Of OCD, Philadelphia: Jessica Kingsley Publishers

## Personal Accounts of OCD

### Brake Shop' favourite!

Traig, Jennifer (2004), Devil In The Details, New York: Little Brown

### Other Personal Accounts:

Colas, Emily (1998), Just Checking, New York: Pocket Books

Deane, Ruth (2005), Washing My Life Away: Surviving Obsessive Compulsive Disorder, London, England: Jessica Kingsley Publishers

Wilensky, Amy (1999), Passing For Normal, New York: Random House