

OCD Action book list

OCD SPECTRUM DISORDERS

BDD (Body Dysmorphic Disorder)

[Mirror Mirror Off the Wall: Body Dysmorphic Disorder and Trichotillomania](#)

Jennifer Wolf

[Overcoming Body Image Problems Including Body Dysmorphic Disorder](#)

David Veale, Rob Willson and A Clark

[The BDD Workbook](#)

James Claiborn and Cherry Pedrick

[The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder](#)

Katharine A Phillips

[Suicide Junkie](#)

S Westwood

CSP (Compulsive Skin Picking)

Stop Me Because I Can't Stop Myself: Taking Control of Impulsive Behaviour

Jon Grant and S W Kim

[The Complete Guide to Skin Picking Disorders](#)

David Florendale

TRICHOTILLOMANIA

[Trichotillomania](#)

Dan J Stein, Gary Christenson and Eric Hollander

[The Hair Pulling Problem: A Complete Guide to Trichotillomania](#)

Fred Penzel

[Help for Hair Pullers: Understanding and Coping with Trichotillomania](#)

Nancy J Keuthen, Dan J Stein and Gary A Christenson

[The Hair Pulling “Habit” and You – How to Solve the Trichotillomania Puzzle \(a guide for kids and teens parents and therapists\)](#)

Ruth Golomb, Sherrie Vavrichek, Uri Yokel, Emily Condon-Douglas

HOARDING

[Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding](#)

David F Tolin, Randy O’frost Gail Steketee

[Overcoming Compulsive Hoarding](#)

Fugen A Neziroglu Jerome Bubrick Jose Yaryura-Tobias

[Passing for Normal – Tourettes, OCD and growing up crazy](#)

Amy Wilensky