

## OCD Action Book List

### MISCELLANEOUS (in alphabetical order)

[Coping With Phobias and Panic](#)

Professor Kevin Gournay

[Dropping the baby and other scary thoughts: Breaking the cycle of unwanted thoughts in motherhood](#)

Karen Kleiman and Amy Wenzel

[How to Live With a Control Freak](#)

Barbara Baker

[I Can Mend Your Broken Heart \(Overcoming Emotional Pain at the end of a relationship\)](#)

Paul McKenna and Hugh Willbourn

[Living with Emetophobia: Coping with Extreme Fear of Vomiting](#)

Nicolette Heaton-Harris

[Living With Fear – Understanding and coping with anxiety](#)

Isaac M Marks MD

[Manage Your Mind – The mental fitness guide](#)

Gillian Butler and Tony Hope

[Manage Your Mood – How to Use Behavioural Activation Techniques to Overcome Depression](#)

David Veale and Rob Willson

[Mind Over Mood – Change how you feel by changing the way you think](#)

Dennis Greenberger PhD and Christine A Padesky

[No Fear – Overcoming panic attacks and phobias](#)

Alice Neville

[Overcoming Low Self-Esteem](#)

Melanie Fennell

[Overcoming Health Anxiety](#)

David Veale and Rob Willson

[\(Teach yourself\) Understanding Psychology](#)

Nicky Hayes

[The Habit Change Workbook – How to Break Bad Habits and Form Good Ones](#)

James Claiborn PhD ABPP and Cherry Pedrick RN

[The Little NLP Workbook](#)

Jeremy Lazarns

[The Mindful Way Through Depression: Freeing yourself from chronic unhappiness](#)

Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn

[The Procrastination Equation](#)

Dr Piers Steel

[The self Esteem Coach – 10 Days to a Confident New You](#)

Linda Field

[The sky is falling – Understanding and coping with phobias, panic and Obsessive Compulsive Disorders](#)

Raeann Dumont

[Think Your Way to Happiness](#)

Dr Windy Dryden and Jack Gordon

[Understanding Anxiety and Panic Attacks](#)

Dr Kwame McKenzie