

## OCD Action Book List

### OBSESSIVE COMPULSIVE DISORDER

#### [Break Free from OCD](#)

Dr Fiona Challacombe, Dr Victoria Bream Oldfield and Professor Paul M Salkovskis

#### [Coping with Obsessive Compulsive Disorder](#)

Professor Gournay, Professor Rogers and Rachel Piper

#### [Overcoming Obsessive Compulsive Disorder](#)

David Veale and Rob Willson

#### [Taking Control of OCD: Inspirational Stories of Hope and Recovery](#)

Rob Willson and David Veale

#### [Pulling the Trigger: OCD, Anxiety, Panic Attacks and Related Depression](#)

Adam Shaw and Lauren Callaghan

#### [Brain Lock](#)

Jeffrey M Schwartz

#### [Getting Control Overcoming your Obsessions and Compulsions](#)

Lee Baer PhD

#### [Obsessional thoughts and behaviour – Help for Obsessive Compulsive Disorder](#)

Frederick Toates D Phil D Sc

#### [Obsessive Compulsive Disorder](#)

Stuart Montgomery and Joseph Zohar

#### [Obsessive Compulsive Disorder](#)

Dr Frederick Toates and Dr Olga Coschug-Toates

[Obsessive Compulsive Disorder: The Essential Guide](#)

Joanna Jast

[Obsessive Compulsive Disorder \(The Facts\)](#)

Padmal de Silva and Stanley Rachman

[OCD for Dummies](#)

Charles H Elliot PhD and Laura L Smith

[Stop Obsessing: How to Overcome Your Obsession](#)

Edna Foa

[The OCD Workbook: Your Guide to Breaking Free from OCD](#)

Bruce Hyman and Cherry Pedrick

[Coping with OCD: Practical Strategies for Living Well with Obsessive-Compulsive Disorder](#)

Troy DuFrene and Bruce Hyman

[Understanding Obsessions and Compulsions A Self Help Manual](#)

Frank Tallis

[Overcoming Compulsive Checking: Free Your Mind from OCD](#)

Paul Munford

[Overcoming Compulsive Washing](#)

Paul Munford

[Overcoming obsessive Thoughts: How to Gain Control of Your OCD](#)

David Clark and Christine Purdon

[The Imp of the Mind: Exploring the Silent Epidemic of Obsessive Bad Thoughts](#)

Lee Baer

[Tormenting Thoughts and Secret Rituals](#)

Ian Osborn

[Why Does Everything Have to Be Perfect? Understanding Obsessive Compulsive Disorder](#)

Lynn Schackman MD and Shelagh Ryan Masline

[Get Out of My Head! My Life With OCD](#)

Alison Islin and Judy Karbritz

[OCD & Me](#)

Ben Gander

[The Boy Who Couldn't stop Washing](#)

Judith Rapoport

[A Cry for Help](#)

Stephen Drake

["The Thing Inside My Head" A Family's Journey Through Mental Illness](#)

Lois Chaber

[The Woman Who Thought Too Much – My Life with Obsessive Compulsive Disorder](#)

Joanne Limburg

[Silent Rituals of the Mind – Living With OCD](#)

Andrew Colley

[Check Mates – A collection of fiction, poetry and artwork about Obsessive Compulsive Disorder by people with OCD](#)

edited by Vrinda Pendred

[Living with OCD and Fighting Back](#)

Hermione Bailey

[Pure](#)

Rose Bretécher

[The Walking Worried: 'A Young Man's Journey with OCD'](#)

Aron Bennett

[Because We are Bad – OCD and a Girl Lost in thought](#)

Lily Bailey