

## OCD Action Book List

### BOOKS FOR YOUNG PEOPLE AND THEIR FAMILIES

#### Information

##### OLDER CHILDREN

[The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder](#)

Jared Douglas Kant, Martin Franklin and Linda Wasmer Andrews.

[Touch and Go Joe: An Adolescent's Experience of OCD](#)

Joe Wells

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

Lois Chaber

##### YOUNGER CHILDREN (up to 6)

[Mr Worry: A Story about OCD](#)

Holly L Niner and Greg Swearingen

**The Secret Problem**

Chris Wever

[Up and Down the Worry Hill](#)

Aureen Pinto Wagner

##### FAMILIES

[The Everything Parent's Guide to Children with OCD: Reassuring Advice for Raising a Happy Well-Adjusted Child](#)

Stephen Martin and Victoria Costello

[From Thoughts to Obsessions: Obsessive Compulsive Disorder in Children and Adolescents](#)

Per Hove Thomsen Jessica Kingsley

[Kissing Doorknobs](#)

Terry Spencer Hesser

[Loving Someone with OCD](#)

Karen Landsman, Kathleen Rupertus and Cherry Pedrick

# Self Help

## ALL AGES

### [Take Control of OCD: The Ultimate Guide for Kids with OCD](#)

Bonnie Zucker

### [Think Good – Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People](#)

Paul Stallard

### [Obsessive Compulsive Disorder Help For Children and Adolescents](#)

Mitzi Waltz

## OLDER CHILDREN

### [Breaking Free from OCD: A CBT Guide for Young People and Their Families](#)

Jo Derisley, Isobel Hayman, Sarah Robinson and Cynthia Turner.

### [Free from OCD: A Workbook for Teens with Obsessive-compulsive Disorder \(Instant Help\)](#)

Timothy Sisemore

### [Talking Back to OCD: The Program that Helps Kids and Teens Say “No Way” – And Parents say “Way to Go”](#)

John S March and with Christine M Benton.

### [The OCD workbook](#)

Bruce M Hyman and Cherry Pedrick

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

David Clark and Christine Purdon

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

David Veale and Rob Willson

### [Cognitive Behavioural Therapy for Dummies](#)

Rob Willson and Rhena Branch

## YOUNGER CHILDREN

### [What to Do When Your Brain Gets Stuck: A Kid’s Guide to Overcoming OCD](#)

Dawn Huebner for ages 6-12

## FAMILIES

### [Freeing Your Child from Obsessive Compulsive Disorder](#)

Tamar E Chansky

### [Helping Your Child With OCD – A Workbook for Parents of Children With Obsessive Compulsive Disorder](#)

Lee Fitzgibbons PhD and Cherry Pedrick RN

### [Obsessive Compulsive Disorder A Survival Guide for Families and Friends](#)

Roy C

### [Obsessive Compulsive Disorder New Help For the Family](#)

Herbert L Gravitz PhD