

OCD Action Book List

Obsessive Compulsive Disorder (OCD)

Information, Self-Help and Lived Experience

The books in this list have been recommended to OCD Action by clinicians, staff, volunteers, and members of the OCD community that are impacted by or live with OCD.

Information and Self-Help

[Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT](#)

Fiona Challacombe, Victoria Bream Oldfield and Paul M Salkovskis

“This practical guide, written by three leading cognitive behavioural therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for friends and family of OCD sufferers.”

[CBT Journal for Dummies](#)

Rob Willson and Rhena Branch

“This book features an introduction to CBT, followed by a guided 100-day journal. Each chapter focuses on a new CBT technique, with information on how to use the journal space and assessment advice. Topics covered include; establishing the link between thoughts and feelings; preventing 'all or nothing' thinking; turning mountains into molehills; focusing on the present; using emotional reasoning; avoiding over-generalising; thinking flexibly; keeping an open mind; assessing the positives; coping with frustration; tackling toxic thoughts; naming your emotions; comparing healthy and unhealthy emotions; working through worry; defining your core beliefs; adopting positive principles; and much more.”

[Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood](#)

Karen Kleiman and Amy Wenzel

“This accessible guide addresses the nature of the intrusive and unwanted thoughts that can be common in new parenthood, and offers practical answers and advice on how to tackle these. With fresh material focusing on how to overcome barriers to disclosure and stigma, and updated treatment approaches and case descriptions, this revised edition explains exactly what these negative thoughts are, why they come about, and what can be done about them. Chapters offer information on the specific nature of perinatal anxiety and related disorders, along with take-home points and evidence-based strategies for symptom relief that clinicians can use effectively with new parents.”

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

Lee Baer

“The first comprehensive guide to treating obsessive-compulsive disorder based on clinically proven behavioural therapy techniques, Dr Lee Baer's Getting Control has been providing OCD sufferers with information and relief for more than twenty years. In the same easy-to-understand

format as the original, this updated edition includes: Cutting-edge behavioural therapy techniques, breakthrough advances in neuroscience, brand-new material on hoarding, expanded sections on how families can help OCD sufferers, the latest diagnostic standards.”

[Obsessive Compulsive Disorder](#)

Frederick Toates and Olga Coschug-Toates

“Dr Frederick Toates, an eminent psychologist and a long-term sufferer from OCD who has managed to control the damaging aspects of this depressing condition, gives professional analysis and personal insights into both obsessional thoughts and obsessional behaviour. This book tells you all you need to know about OCD and gives sound, practical advice on how to control it.”

[Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioural Techniques](#)

David Veale and Rob Willson

“Cognitive behavioural therapy has been clinically proven to significantly reduce these and other symptoms in the majority of cases. With this step-by-step approach you can learn how to break free from the destructive cycle of obsessive behaviour and regain control of your life. This book: Shows you how to reduce the distress caused by disturbing thoughts, images and urges; Helps you face fears and troubling situations; Reduces and gradually helps you overcome compulsions; Offers advice on how partners, relatives and friends can help.”

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

Lee Baer

“In the first book to fully examine obsessive bad thoughts, Dr Lee Baer combines the latest research with his own extensive experience in treating this widespread syndrome. Drawing on information ranging from new advances in brain technology to pervasive social taboos, Dr Baer explores the root causes of bad thoughts, why they can spiral out of control, and how to recognize the crucial difference between harmless and dangerous bad thoughts.”

Lived Experience

[Because We Are Bad: OCD and a Girl Lost in Thought](#)

Lily Bailey

“As a child, Lily Bailey knew she was bad. By the age of 13, she had killed someone with a thought, spread untold disease, and spied upon her classmates. Only by performing a series of secret routines could she correct her wrongdoing. But it was never enough. She had a severe case of Obsessive Compulsive Disorder, and it came with a bizarre twist. This true story lights up the workings of the mind like Mark Haddon or Matt Haig. Anyone who wants to know about OCD, and how to fight back, should read this book. It's ideal for fans of *Mad Girl* by Bryony Gordon or *Pure* by Rose Bretecher.”

[Pure: Now a major Channel 4 series](#)

Rose Bretécher

“Rose Bretécher has OCD, but not as you know it. *Pure* is the true story of her life with intrusive sexual thoughts – a rampant but little-known symptom of the disorder. It tracks her farcical ten-year path to redemption, from the time she was first seized by graphic mental images to her eventual recovery through therapy, acceptance and love.”

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

Andrew Colley

“Silent Rituals of the Mind is about Obsessive Compulsive Disorder (OCD). In particular it is about the more hidden forms of the condition: mental rituals and tics, rumination, compulsive thought patterns and unwanted thoughts. It is an account by the author of his life with OCD, and the development and impact of the condition from childhood to adult life. The book discusses coping strategies including techniques for reducing anxiety, exposure and de-sensitisation, diet, lifestyle and relaxation. It emphasises the importance of accepting yourself as an OCD sufferer before embarking on the journey towards recovery.”

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

Rob Willson and David Veale

“Selected by Dr David Veale and Rob Willson, authors of self-help guide Overcoming Obsessive Compulsive Disorder, the first person accounts contained in this collection reflect a broad range of experiences of those with OCD. Brave and uplifting, these real life stories provide not only reassurance, but also an inspiration to others to seek help and overcome their illness. Includes two chapters written by Dr David Veale and Rob Willson explaining the causes of OCD and how to overcome it.”

[The Man Who Couldn't Stop: The Truth About OCD](#)

David Adam

“In this captivating fusion of science, history and personal memoir, writer David Adam explores the weird thoughts that exist within every mind, and how they drive millions of us towards obsessions and compulsions... David has suffered from obsessive compulsive disorder (OCD) for twenty years, and The Man Who Couldn't Stop is his unflinchingly honest attempt to understand the condition and his experiences.”

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

Aron Bennett

“This is a powerful book. Written with an engaging style and clearly describing the mental turmoil of OCD, this book clearly describes how hard it can be for an OCD sufferer to find and accept the correct solution. After trying a plethora of therapies and approaches, some of which feed into his symptoms of over-thinking and analysing everyday conundrums, the author eventually discovers that “less is more” in therapy. In his journey, the author discovers that, rather than a terrifying experience whereby he would be expected to expose himself by performing his obsessive thoughts, Exposure and Response Prevention (ERP) is, in fact, a pragmatic approach to OCD.” – Dr Lynn Drummond

[The Woman Who Thought Too Much: A Memoir](#)

Joanne Limburg

“Joanne Limburg thinks things she doesn't want to think, and does things she doesn't want to do. As a young woman, obsessive thoughts and compulsive behaviours had come to completely dominate her life. She knew that something was wrong, but it would take many painful years of searching to find someone who could explain her symptoms. *The Woman Who Thought Too Much* is a vividly honest, beautifully told and darkly witty memoir about the quest to understand and manage a life with Obsessive-Compulsive Disorder.”