



The Complete Idiot's Guide to Conquering Obsessive Compulsive Behavior

Bruce Mansbridge Ph.D.

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Practical help for the millions who suffer.

Over 6 million Americans and millions more around the world suffer from some degree of obsessive compulsive behavior. For the vast majority of these people, this behavior impacts the quality of their lives. However, OC behavior can be difficult to understand and even harder to change. *The Complete Idiot's Guide(r) to Conquering Obsessive Compulsive Behavior* is a practical guide created specifically for middle range sufferers to help them overcome OC behavior and take back control of their lives.

- *Millions of people from teens to seniors suffer from OC behavior
- *Written by a well-respected and acknowledged author in this field
- *Heightened awareness of the disorder thanks to the popular TV series *Monk*

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