

**The Mindfulness Workbook For OCD: A Guide To
Overcoming Obsessions And Compulsions Using
Mindfulness And Cognitive Behavioral Therapy (New
Harbinger Self-Help Workbooks) By Jon Hershfield
MFT; Tom Corboy MFT**

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The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD.

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