



**The Everything Health Guide to OCD:  
Professional advice on handling anxiety,  
understanding treatment options, and finding the  
support you need (Everything®)**

*Chelsea Lowe*

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# **The Everything Health Guide to OCD: Professional advice on handling anxiety, understanding treatment options, and finding the support you need (Everything®)**

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## **The Everything Health Guide to OCD: Professional advice on handling anxiety, understanding treatment options, and finding the support you need (Everything®) Chelsea Lowe**

If you have OCD, or suspect that you do, take heart-you're not alone. More than 5 million people suffer from the disease in the United States and there are a number of treatment options available. With The Everything Health Guide to OCD, you'll learn to cope with a variety of behaviors, including: Excessive touching; Hoarding; Compulsive handwashing; Disturbing thoughts; Germ-phobia; and Repetitive checking. From coping strategies to medical treatments, this reassuring guide gives you everything you need to keep your cool when anxiety attacks.

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