

When once is not enough: help for obsessive compulsives, 1990, 229 pages, Gail Steketee, Kerrin White, New Harbinger Publications, 1990

This book offers a proven behavioral approach to treating OCD in a simple self-help format. Recognize and confront your fears. Use simple exercises to block rituals, keep going with positive coping strategies, and handle complications and relapses.

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Freeing Your Child from Obsessive-Compulsive Disorder A Powerful, Practical Program for Parents of Children and Adolescents, Tamar Chansky, Ph.D., Jun 15, 2011, Family & Relationships, 368 pages. If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of.

Obsessive-Compulsive Disorder For Dummies , Charles H. Elliott, Laura L. Smith, Nov 24, 2008, Psychology, 384 pages. Arguably one of the most complex emotional disorders, Obsessive Compulsive Disorder is surprisingly common. Furthermore, most people at some time in their lives exhibit a.

Handbook of the Treatment of the Anxiety Disorders , Carol G. Lindemann, Jan 1, 1996, Psychology, 426 pages. The new techniques to treat the symptoms of anxiety quickly and successfully can be integrated in a standard psychotherapy practice. This book presents highly effective symptom.

Exposure Therapy for Anxiety Principles and Practice, Jonathan S. Abramowitz, Brett J. Deacon, Stephen P. H. Whiteside, Dec 17, 2012, Psychology, 398 pages. Exposure therapy is the most effective psychological treatment for anxiety, yet many clinicians lack confidence in their ability to implement it effectively while keeping.

Why Does Everything Have to Be Perfect? , Lynn Schackman, Shelagh A. R. Masline, Shelagh Ryan Ryan, 1999, Health & Fitness, 209 pages. In a thorough introduction to obsessivecompulsive disorder, experts provide the latest information on the causes and symptoms of OCD, assess the impact of stress and lifestyle.

Treating anxiety disorders , Walton T. Roth, Irvin D. Yalom, 1997, Medical, 302 pages. A Volume in the Jossey-Bass Library of Current Clinical Technique This book is thorough and comprehensive and brings together a wealth of up-to-date and practical treatment.

Talking Back to OCD The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go", John S. March, Dec 28, 2006, Psychology, 276 pages. No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step.

Worried No More Help and Hope for Anxious Children, Aureen Pinto Wagner, 2005, Education, 230 pages. About 13% or over 6.5 million children and adolescents in the US suffer from serious anxiety, making it the most common emotional problem in youngsters. Anxiety in youngsters.

Buried in Treasures Help for Compulsive Acquiring, Saving, and Hoarding, David F. Tolin, Randy O.

Frost, Gail Steketee, Feb 8, 2007, Psychology, 182 pages. Buried in Treasures is dedicated to providing those individuals who suffer from compulsive hoarding with a step-by-step plan for beating their problem. This book provides the.

Treating Your OCD with Exposure and Response (Ritual) Prevention Workbook , Edna B. Foa, Elna Yadin, Mar 8, 2012, Psychology, 144 pages. In the US over 3 million adults or approximately 2.3% of the population between the ages of 18-54 suffers from Obsessive-Compulsive Disorder (OCD). This fully revised new.

Current treatments of obsessive-compulsive disorder , Michele Tortora Pato, Joseph Zohar, 2001, Medical, 252 pages. With their extensive clinical and research experience in treating OCD, the distinguished contributors to this volume provide clinicians with the latest, most reliable data so.

Compulsive Hoarding and Acquiring Workbook, Gail Steketee, Randy O. Frost, 2007, Psychology, 160 pages. Compulsive Hoarding and Acquiring, Workbook is designed to be used by individuals who suffer from compulsive hoarding and excessive acquiring. People who hoard tend to.

Stuff Compulsive Hoarding and the Meaning of Things, Gail Steketee, Randy Frost, Apr 20, 2010, Psychology, 304 pages. A thoughtfully researched and fascinating appraisal of what happens when our stuff starts to own us What possesses someone to save every scrap of paper that's ever come into.

Obsessive Compulsive Disorder: pocketbook , Stuart A Montgomery, Joseph Zohar, Sep 3, 1999, Medical, 128 pages. One of a series designed to provide easily assimilable information on common medical issues. The concise texts are enhanced by tables and diagrams summarizing the essential.

The Everything Parent's Guide to Children with OCD Professional, reassuring advice for raising a happy, well-adjusted child, Stephen Martin, Victoria Costello, Aug 17, 2008, Family & Relationships, 304 pages. OCD can make a child's life difficult, turning simple tasks like homework and chores into almost impossible challenges. A child with OCD may feel stressed, worried, and even.

Clinical Applications of Cognitive Therapy , Arthur Freeman, Aug 24, 2004, Psychology, 437 pages. The second edition of this acclaimed text is more than ever a useful clinical resource. Restructured and updated to reflect the current cognitive-behavioral practices, it.

Drafting and Negotiating Commercial Contracts , Mark Anderson, Victor Warner, Feb 29, 2012, Law, 328 pages. This book provides expert and hands-on practical advice for UK commercial lawyers and contract managers on drafting, negotiating, and interpreting commercial agreementsCisco Storage Networking Architectures Poster , Thomas Nosella, Sep 1, 2003, Computers, . Storage Network designs and strategies from Cisco Systems in a single reference poster A comprehensive topology of storage network strategies in a single poster Understand all

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Acoustic Masterclass: Dadgad Guitar Solos, Book & CD , Doug (COP) Smith, Apr 1, 2005, Music, 88 pages. Each book in the Acoustic Solo Series contains complete transcriptions from the artists themselves in full standard notation and tablature. Performance notes are also included From concept to composition reading and writing for ESL students, Laurie Blass, Joy Durighello, 1985, Foreign Language Study, 134 pages

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The Winter's Tale , William Shakespeare, Jan 1, 1995, Drama, 120 pages. The Winter's Tale is Shakespeare's most perfectly realized tragi-comedy, as notable for its tragic intensity as for its comic grace and, throughout, for the richness andWeb search engine MiniBriefing Braveheart , Randall Wallace, May 1, 1998, Foreign Language Study, 164 pages. Amid the color, pageantry, and violence of 13th-century Scotland unfurls the resplendent tale of the legendary William Wallace, farmer by birth, rebel by fate, who banded download Based on educational theory, and on recognized music teaching methods, Theory and Practice of Technology-Based Music Instruction develops a framework for examining music.

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Love for an Hour is Love Forever , Amelia Edith Huddleston Barr, 1891, American fiction, 306 pages
Dracula , Bram Stoker, Aug 30, 2007, Fiction, 352 pages. Abraham "Bram" Stoker (November 8, 1847 ? April 20, 1912) was an Irish writer, best remembered as the author of the influential horror novel Dracula. In his honor, the Horror Whitetail Techniques & Tactics Expert Advice from North America's Top Big-Buck Hunters, Creative Publishing Editors, Creative Publishing international, May 1, 2001, Sports & Recreation, 128 pages. Whitetail Techniques & Tactics contains informative and entertaining deer hunting articles from some of North America's top big-buck hunters. See the Table of Contents and

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Waiting for the Sunrise One Family's Struggle Against Genocide and Racism, Elizabeth Gatorano, Jan 1, 2008, Biography & Autobiography, 386 pages. Offers the true story of an interracial couple's determination to save their family from the genocide of the 1994 civil war in Rwanda. OriginalDubuffet, Basquiat personal histories, Lawrence Rinder, 2006, Art, 55 pages

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Her Hero in Hiding (Mills & Boon Intrigue) , Rachel Lee, Mar 14, 2014, Fiction, 224 pages. On the run from a killer, Kay depended on the stranger who rescued her one snowy night. Though a lifetime of hurt had made her wary of men, Clint was different. He offered her
Looking for Rachel Wallace A Spenser Novel, Robert B. Parker, 1987, Fiction, 219 pages. Spenser is..."The sassiest, funniest, most-enjoyable-to-read-about private eye around today...the legitimate heir to the Hammett-Chandler-Macdonald tradition." --The Cincinnati Enquirer
Treasured earth Hattie Cosgrove's Mimbres archaeology in the American Southwest, Carolyn O'Bagy Davis, Jun 1, 1995, Social Science, 204 pages

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Life-extending technologies a technology assessment, Theodore J. Gordon, Herbert George Gerjuoy, Mark Anderson, 1979, Medical, 254 pages
International business introduction and essentials, Donald A. Ball, Wendell H. McCulloch, 1988, Business & Economics, 897 pages

<http://ow.ly/uKO5a>

The Age of Reason Begins The Story of Civilization, Will Durant, Ariel Durant, Jun 7, 2011, History, 731 pages. The Story of Civilization, Volume VII: A history of European civilization in the period of Shakespeare, Bacon, Montaigne, Rembrandt, Galileo, and Descartes: 1558-1648. This is Values What They Are and How We Know Them, John T. Goldthwait, Jan 1, 1996, Philosophy, 208 pages. "What's wrong with our schools and society in general is that we just don't teach values anymore!" We often see this lament on the editorial pages of leading newspapers and The Black Hills Souvenir A Pictorial and Historic Description of the Black Hills, John I. Sanford, 1902, Black Hills (S.D. and Wyo.), 223 pages New Harbinger Publications, 1990 Offers a nutritional program that utilizes the healing powers of organic fruits and vegetables to reverse the effects of cancer and other illnesses. Portugal was both the first and the last of the great European colonial powers. For 500 years Portugal had colonies in Africa. In 1960, as liberation movements swept across.

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The Developing Child in the 21st Century A Global Perspective on Child Development, Sandra Smidt, Jun 19, 2013, Education, 176 pages. Offering a sociocultural approach to education and learning, this fascinating exploration of childhood provides an in-depth understanding of how children make sense of the world.

Fighting Cancer with More Than Medicine The Official History of Macmillan Cancer Support, Paul Rossi, 2009, Business & Economics, 320 pages. Macmillan Cancer Support is one of the UK's best-loved and largest charities. It is most widely known for its Macmillan nurses, who give care and support to people living with cancer.

Card Tricks, Jon Tremaine, 2007, Card tricks, 128 pages

Stephen Hawking is widely believed to be one of the world's greatest minds: a brilliant theoretical physicist whose work helped to reconfigure models of the universe and to. In response to the stifling socialism of the Canadian health care system and the intolerably long Canadian winters, Dr. Mel Genraich made a life-altering decision: leave. This text uses a case study approach to show how life-skills can be developed in a range of higher education subject areas. It also looks at the changes which can be made to.

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Social Work and Human Rights A Foundation for Policy and Practice, Elisabeth Reichert, 2003, Political Science, 295 pages. An overview of human rights concepts and laws for social workers that stresses the need to infuse human rights into social work policy and practice. The volume covers the

How I write my novels , Elizabeth Bowen, 1948, Authorship, 52 pages download

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Customer Service Career Success through Customer Loyalty, Paul R. Timm, Apr 11, 2013, Business & Economics, 280 pages. This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book.

Customer Service Traces the life and work of the Polish-born scientist whose study of radioactivity lead to her receiving two Nobel Prizes.

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Serendipity , Lorraine Ereira Unix Storage Management , Lydia V. Bell, Ray A. Kampa, Oct 15, 2002, Computers, 336 pages. Unix Storage Management is a comprehensive guide to storage architectures and management, offering a broad base of crucial information to storage administrators interested in City of the Snakes , Darren Shan, 2010, Gangs, 375 pages. 'The Cardinal is dead - long live The Cardinal' For ten years Capac Raimi has ruled the city as The Cardinal. Created by the first Cardinal to rule after him and continue his download When once is not enough: help for obsessive compulsives Gail Steketee, Kerrin White Sabrina Falks is the golden girl; a beautiful, successful actress who is engaged to the too-good-to-be-true Edward. Her life is glamorous and seemingly perfect вЂ” apart from her. A school where strange things happen, a grandmother's ghost, a dog with the smarts, a brave girl held hostage, an interview with a dragon, a terrifying hunt, the Wolf's side of.

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How to make millions with your ideas an entrepreneur's guide, Dan S. Kennedy, Jan 1, 1996, Business & Economics, 264 pages. You've come up with a brilliant idea for a brand-new product or service you "know" could make you rich. Or maybe you currently own a business that pays the bills, and yourTransport, 1819-1940 , G. J. Knaap, 1989, Business & Economics, 122 pages

The Gift Of The Inuksuk , Michael Ulmer, 2004, Juvenile Fiction, 32 pages. With the help of the Inuksuk, which are the stone figures that dot the arctic landscape, the young Inuit girl Ukaliq guides her people to a successful caribou hunt
Silent Night A Spenser Holiday Novel, Robert B. Parker, Helen Brann, Oct 22, 2013, Fiction, 240 pages. Brann does a seamless job...Diehard Parker fans will be delighted.
Publishers Weekly A special treat for the holiday season a ruminati on Christmas, family, and the

Cold Steel , Kate Elliott, Jun 25, 2013, Fiction, 300 pages. The fantastic conclusion to the Spiritwalker trilogy! Trouble, treachery, and magic just won't stop plaguing Cat Barahal. The Master of the Wild Hunt has stolen her husband
Twelve Labours of Hercules , James Riordan, 2000, Hercules (Roman mythology), 64 pages. These retellings of the ancient Greek legends recreate the labours of Zeus' much-loved son and mythology's mightiest hero. Illustrations including a map of the sites of

<http://goo.gl/RjgII>

The ABC's of the economic crisis what working people need to know, Fred Magdoff, Michael D. Yates, Sep 21, 2009, Business & Economics, 144 pages. The economic crisis has created a host of problems for working people: collapsing wages, lost jobs, ruined pensions, and the anxiety that comes with not knowing what tomorrow
Inspector Morse: The first three mysteries , Colin Dexter, May 9, 2013, Fiction, 711 pages. This Inspector Morse Mystery ebook omnibus edition includes: Last Bus to Woodstock, Last Seen Wearing, and The Silent World Of Nicholas Quinn
Lost Boy My Story, Greg Laurie, Ellen Santilli Vaughn, Feb 4, 2011, Biography & Autobiography, 256 pages. As a hippie and drug user who had grown-up in a dysfunctional family, Greg Laurie knew what it was to be lost. A seventeen-year-old, long-haired Greg soon discovered his

A Brief Tour of Higher Consciousness A Cosmic Book on the Mechanics of Creation, Itzhak Bentov, Apr 1, 2000, Body, Mind & Spirit, 112 pages. Anyone interested in the inner reaches of the mind, the greater structure of the cosmos, and the spiritual evolution of humanity will find this book an informed and delightful
Political Theory Methods and Approaches, David Leopold, Marc Stears, Jul 31, 2008, Philosophy, 224 pages. Political Theory: Methods and Approaches is one of the first books to analyze research methods in political theory and political philosophy. Drawing together a distinguished

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