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978-1-911-62375-5 — Obsessive Compulsive Disorder  
Lynne M. Drummond , Assisted by Laura J. Edwards  
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# Obsessive Compulsive Disorder

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All You Want to Know about OCD for  
People Living with OCD, Carers, and  
Clinicians

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**Lynne M. Drummond**

South West London and St George's Mental Health NHS Trust

*with*

**Laura J. Edwards**



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## Preface

This book arose out of my experience, dating back to the 1980s, with people living with obsessive compulsive disorder (OCD) and their families. When I was developing my interest in this area, few people had heard of OCD, and those who had were often confused about what it was. Today there appears, at first sight, to be much greater awareness. However, a higher profile in the media has also led to a frequent underestimation about how damaging and severe OCD can be. People now frequently quip that they are ‘a bit OCD’, not understanding that in its severe forms, OCD destroys relationships and families and can lead to the early demise of the individual. OCD does not just comprise being fussy or preferring an orderly life; it is also a serious, life-restricting psychological disorder which requires help and treatment. Fortunately, there are now good and effective treatments which can alter the prognosis of OCD and lead to people living happy, fulfilled lives with minimal inconvenience from OCD symptoms. Despite this, there is still confusion regarding the evidenced-based treatments and how to ensure that people receive the appropriate help and care they need. I hope this book will help bridge the gap.

This book first describes OCD and how it can impact families. Next, it provides a full discussion concerning tried and tested treatments. The book then examines more ‘experimental’ and unusual treatments for the handful of individuals who do not gain benefit from standard treatments.

Throughout the book, I illustrate the discussion using the stories of patients I have met throughout the years. None of these stories is based on any one individual; rather, the stories are accumulations of many hundreds of individuals. Any similarity to any one individual is purely accidental and does not represent that individual in any way. I have tried to give practical and realistic advice to people living with OCD, their families, and healthcare professionals. I hope you find the book useful, informative, and empowering.

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