



Face Your Fear of Being Imperfect: Face It with a Puzzle (Paperback)

By Lcsw-R Tammy Labrake

Tammy Labrake, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is the second of ten books in the unique series, Face it With a Puzzle. For People With OCD Are you afraid of making mistakes or the wrong decision? Do you procrastinate or spend an inordinate amount of time trying to perfect the way you look or a task you re working on? This workbook will help you accept being imperfect so that you can get on with living life in the way you choose. If you re ready to tackle your fear of being imperfect or making a mistake, this workbook will help you do it! The most important type of Cognitive Behavioral Therapy for OCD is Exposure Response Prevention-a method of therapy that helps you confront your fears and resist compulsions. Face It With a Puzzle, Volume 2 is a workbook filled with ERP puzzles and worksheets to systematically desensitize you to the fear accompanied with being imperfect. Structured around the principles of ERP, these exercises will encourage you to abandon compulsions and break free from OCD s grip. Give your brain a healthy mental workout and confront your OCD at...



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