



What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids)

Dawn Huebner

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This story guides children and their parents through the cognitive-behavioral techniques used to treat Obsessive Compulsive Disorder. Revealing OCD in a whole new light, this interactive self-help book turns kids into super-sleuths who can recognize OCD's tricks. Engaging examples, activities, and step-by-step instructions help children master the skills needed to break free from the sticky thoughts and urges of OCD, and live happier lives. This is the complete resource for educating, motivating, and empowering children to work toward change.

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Bobby Blade:

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