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The Imp of the Mind: Exploring the Silent Epidemic of Obsessive Bad Thoughts, by Lee Baer, PhD, is a book that will give sufferers of “bad thoughts” OCD a lot of hope. OCD is an extremely isolating illness, but if you read this book, you will know you are not alone. Everyone has bad thoughts

*Aha! Moments from Imp of the Mind - OCD Treatment & Therapy*

Author of Getting Control: Overcoming Your Obsessions and Compulsions and The Imp of the Mind, Baer is an associate professor of psychology at Harvard Medical School and the director of research of the OCD unit at Massachusetts General Hospital as well as of the OCD Institute at McLean Hospital. Product details . Item Weight : 5.8 ounces; Paperback : 176 pages; ISBN-10 : 0452283078; ISBN-13 ...

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I personally preferred "Tormenting Thoughts and Secret Rituals" by Ian Osborn, but "The Imp of the Mind" has a lot to offer. I think the steps the author outlines for

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treating your OCD symptoms are presented very well. They present a great guide for working through this yourself and it is worth owning and reading without a doubt.

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Author of *Getting Control: Overcoming Your Obsessions and Compulsions* and *The Imp of the Mind*, Baer is an associate professor of psychology at Harvard Medical School and the director of research of the OCD unit at Massachusetts General Hospital as well as of the OCD Institute at McLean Hospital. Customers who read this book also read . Page 1 of 1 Start over Page 1 of 1 . This shopping feature ...

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