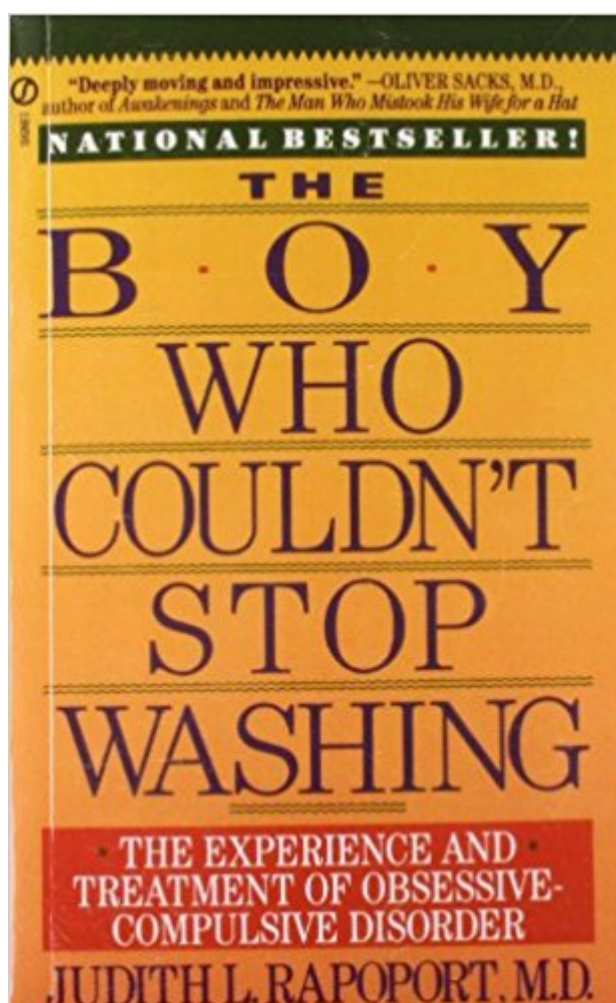


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The Boy Who Couldn't Stop Washing: The Experience And Treatment Of Obsessive-Compulsive Disorder



Synopsis

One boy spends six hours a day washing himself; and still can't believe he will ever be clean. Another sufferer must check her stove hundreds of times daily to make sure she has turned it off. And one woman, in an effort to ensure that her eyebrows are symmetrical, finally plucks out every hair. All of these people are suffering from Obsessive-Compulsive Disorder (OCD), an emotionally crippling sickness that afflicts up to six million Americans. Cleaning, counting, washing, avoiding, checking; these are some of the pointless rituals that sufferers are powerless to stop. Now a distinguished psychiatrist and expert on OCD reveals exciting breakthroughs in diagnosis, successful new behaviorist therapies and drug treatments, as well as lists of resources and references. Drawing on the extraordinary experiences of her patients, Dr. Judith Rapoport unravels the mysteries surrounding this irrational disorder . . . and provides prescriptions for action that promise hope and help.

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Customer Reviews

Obsessive-compulsive disorder (OCD) is a widespread psychiatric disease yet one virtually unknown to the public, according to Rapoport, a child psychiatrist at the National Institute of Mental Health. She cites surveys indicating that as many as four million Americans are afflicted with a need to perform complex, pointless rituals, or are burdened by crippling obsessions with petty thoughts. Some sufferers check light-switches or doors endlessly; others spend hours creating trivial symmetry: shoelaces exactly matching, eyebrows identical; still others have a compulsion to touch,

count, hoard or confess; some enact toilet or eating rituals. Very few of the afflicted seek professional treatment: most attempt to conceal their condition even from friends and family. Rapoport holds that psychoanalysis usually fails to uncover the underlying causes of an obsessional pattern; she leans toward a behavioral approach, noting that the disorder often runs in families and pointing to biological factors. Casebook, shocking report and support tool all in one, this excellent volume is highly readable and free of jargon. Copyright 1988 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"Deeply moving and impressive." —Oliver Sacks, M.D., author of *Awakenings* and *The Man Who Mistook His Wife for a Hat*"Offers help to millions who suffer in silence." —Chicago Tribune"First-rate meticulous clinical observation and state-of-the-art laboratory studies illuminate an important human problem." —Leon Eisenberg, M.D., Harvard Medical School"This book, with its information and lively writing, and informed by the author's obvious compassion for her patients, makes an important contribution to understanding an intriguing and irrational illness." —The New York Times Book Review

This book is discusses extreme cases and is very outdated, discussing 1980's. The first few pages in, already suggest medication to treat. I was under the impression behavioral therapies would be suggested and maybe it is later on, but I don't plan on getting that far with this book. Thankfully, is awesome and will allow me to return for a full refund.

I'm a lawyer handling disability claims. When I get a client with OCD I often order this book for them. It helps them gain insights and feel less alone in their frustrating affliction - and also enables them to identify compensatory strengths.

While this book is a bit outdated, it offers some amazing insight into the lives of those who suffer from OCD, especially children and adolescents. I think it is a valuable read for family members especially.

I purchased this on the recommendation of a friend. I found this to be a great book in the management and understanding of my own OCD. I would recommend to others who have OCD and OCD tendencies.

This book clearly explains what someone with OCD is going through in a way that allows someone without OCD to understand. The book discusses more about medicine as the effective treatment. And, it does not discuss the importance of behavioral therapy. Nonetheless, it is an excellent book and a must read for those interested in understanding OCD.

My social worker recommended this book to me when I mentioned I suffer from OCD. I scooped up this book right away. It's a tad bit dry in some chapters, but after I finished the book I didn't feel so bad about my disorder. I recommend this book to anyone who knows someone with OCD, it'll help you understand the disorder better - not to mention the person who suffers.

This was recommended by my therapist to read. It's a great book, and helps people have a better understanding of OCD and the reasons behind it.

I liked the book aside from it being a bit out dated (i would have liked it if they appended some sort or update with the patients and research going on past 1988) it was very insightful for the time it was written it took a good look at the disease when no one really understood it. I thought she wrote in a way that made it easy for everyone to understand not just the MDs.

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