



# Help For Obsessive-Compulsive Disorder

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## **Help For Obsessive-Compulsive Disorder** Belleruth Naparstek

This carefully researched guided imagery audio program combines soothing music with powerful, healing images to help reduce anxiety, stabilize biochemical swings, increase strength and motivation to resist unwanted thoughts and impulses, and envision a time of freedom from the oppressive symptoms of OCD. Designed to support and enhance the cognitive-behavioral programs and medication known to alleviate this condition. Running Time: 49 Minutes

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