



Venza Sus Obsesiones (Masters/Salud)

Edna B Foa, Reid Wilson

 **Descargar**

 **Leer En Linea**

Venza Sus Obsesiones (Masters/Salud) Edna B Foa, Reid Wilson

This book helps readers take measures against their obsessions, such as feeling tormented by disturbing or undesired thoughts or being compelled to live by rigid rules. Many people suffer from obsessive-compulsive disorder (OCD) but may not know it. This book can help you recognize the symptoms and learn how to help control them.

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Descargar y leer en línea Venza Sus Obsesiones (Masters/Salud) Edna B Foa, Reid Wilson

240 pages

About the Author

Edna B. Foa is a psychiatry professor at the Medical College of Pennsylvania and the director of the Center for the Treatment and Study of Anxiety. She treats patients who suffer from obsessive-compulsive disorder (OCD). She lives in Philadelphia. Reid Wilson has a PhD in philosophy and clinical psychology and is part of the directory board of the Anxiety Disorders Association of the United States. He is the author of "Don't Panic." He lives in Raleigh, North Carolina."

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