

Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents

"It should be a law that whenever a therapist diagnoses a child with OCD, he or she has to give the parent a copy of Chansky's *Freeing Your Child from Obsessive-Compulsive Disorder*."
—PATRICIA FURUSU-DOTEL, PRESIDENT, OBSESSIVE-COMPULSIVE FOUNDATION

FREEING YOUR CHILD FROM Obsessive- Compulsive Disorder

Step-by-step guidelines to

- Break the cycle of debilitating rituals
- Empower your child to take back control
- Maximize your child's recovery, whether on or off medication
- Make sense of confusing symptoms

*A Powerful,
Practical Program
for Parents of
Children and
Adolescents*

TAMAR E. CHANSKY, PH.D.,
Director, the Children's Center for OCD and Anxiety

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