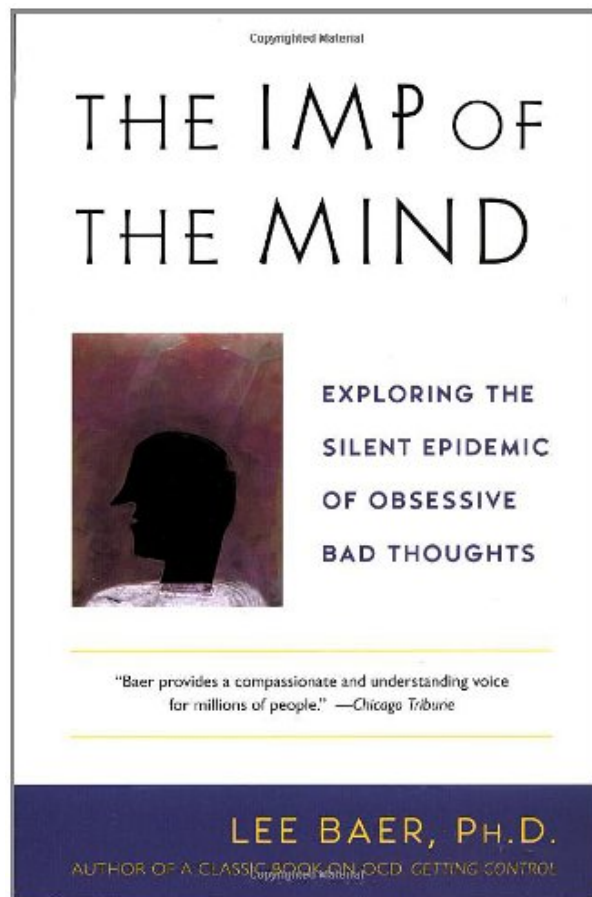


# THE IMP OF THE MIND: EXPLORING THE SILENT EPIDEMIC OF OBSESSIVE BAD THOUGHTS BY LEE BAER



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LEE BAER, PH.D.

AUTHOR OF A CLASSIC BOOK ON OCD: GETTING CONTROL

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From Publishers Weekly

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Review

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A leading expert on Obsessive Compulsive Disorder explores the hidden epidemic that afflicts millions of Americans.

In the first book to fully examine obsessive bad thoughts, Dr. Lee Baer combines the latest research with his own extensive experience in treating this widespread syndrome. Drawing on information ranging from new advances in brain technology to pervasive social taboos, Dr. Baer explores the root causes of bad thoughts, why they can spiral out of control, and how to recognize the crucial difference between harmless and dangerous bad thoughts.

An illuminating and accessible guide to the kinds of thoughts that create extreme fear, guilt, and worry, *The Imp of the Mind* provides concrete solutions to a tormenting and debilitating disorder. Including special sections on the prescription medications that have proven effective, it is "a beautifully written book that can be a great help to people who want to know what to do about obsessions" (Isaac Marks, M.D., author of *Living with Fear: Understanding and Coping with Anxiety*).

- Sales Rank: #81402 in Books
- Brand: Lee Baer
- Published on: 2002-02-26
- Released on: 2002-02-26
- Original language: English
- Number of items: 1
- Dimensions: 8.01" h x .45" w x 5.29" l, .26 pounds
- Binding: Paperback
- 176 pages

## Features

- *The Imp of the Mind Exploring the Silent Epidemic of Obsessive Bad Thoughts*

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6 of 6 people found the following review helpful.

Helpful

By dawn m leclerc

I read this book for a friend of mine who called me crying to pray for her as she was taking her young daughter to the hospital because of serious bad thought she had. Her daughter suffers from ocd I feel after reading this book and can be a better friend because I am informed.

6 of 6 people found the following review helpful.

Great Book! Very Informative and Easy to Comprehend!

By Amber Redd

Lee Baer hits the nail on the head with this book. It's so hard explaining to people about this disease. They automatically assume that OCD is a perfectionist disease, characterized by order and incessant hand-washing. It is, in fact, so much deeper than that. The thoughts that prompt the compulsions are the real culprits. For someone with OCD, all it takes is one fleeting disturbing thought. Like fuel to the flame, the cause and effect scenarios ensue. The merciless rumination of one solitary thought augmented by irrationality. Temporary relief is only found by a fruitless compulsion, hand-washing, checking, avoidance, etc. It is a vicious cycle and a daily struggle for those afflicted. Everyone should read this book to gain better

perspective.

2 of 2 people found the following review helpful.

Good Book for folks with Obsessive thoughts

By Anna Aryeh

Folks who have thoughts running repeatedly through their mind will find comfort in knowing they are not alone. Thoughts like new mothers who worry they will harm their baby, or intrusive, inappropriate sexual thoughts or thoughts of violence. This isn't for folks who are psychotic. It is for regular people who are plagued by intrusive thoughts that they find upsetting. I am a mental health professional and I recommend it to my clients.

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