



Obsessive Compulsive Anonymous: Recovering From Obsessive Compulsive Disorder

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Time-Tested Recovery Principles For OCD.

We, of Obsessive Compulsive Anonymous (OCA), have all felt the fury of Obsessive Compulsive Disorder (OCD). OCD, with its crippling power, had left us physically, emotionally and spiritually sick. Here we present, firsthand, our struggles and recoveries from OCD.

Fortunately, now, the medical and psychological communities have effective treatments for OCD. For many of us, though, this wasn't enough. The 12 Step program of OCA has proven to be an important part in our continuing recoveries from OCD.

Here we include:

- The 12 Step program for OCD
- Endorsements from psychiatrists and psychologists
- 33 personal stories of OCD and recovery
- Resources for OCD.



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John Day:

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Anthony Lainez:

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