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Pulling the Trigger brings a new and unique format to Anxiety and OCD books, and it's credit to Adam and Lauren that I don't think it is a format that just anyone would be able to write. This book will in all likelihood remain on my bookshelf and recommended reading list for years to come." Ashley Fulwood, CEO, OCD-UK.ORG

OCD, Anxiety, Panic Attacks and Related Depression - The ...

Buy Pulling the Trigger: OCD, Anxiety, Panic Attacks and Related Depression - The Definitive Survival and Recovery Approach by Adam Shaw

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(2016-10-18) by Adam Shaw;Lauren Callaghan (ISBN:) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

Pulling the Trigger: OCD, Anxiety, Panic Attacks and ...

Description. Anxiety, Worry, OCD and Panic Attacks: The Definitive Recovery Approach (Pulling the Trigger) By Dr Lauren Callaghan and Adam Shaw. From the heart and soul of lifelong mental health sufferer, Adam Shaw, and the expert mind of the renowned psychologist, Lauren Callaghan, this book for young people suffering from anxiety and OCD (ages 6yrs to 17yrs) and their parents and caregivers, is divided into two helpful parts.

Pulling Trigger: Anxiety, Worry, OCD & Panic Attacks ...

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Pulling the Trigger: OCD, Anxiety, Panic Attacks and ...

Having OCD is difficult, not only for the individual, but also for those that love and care for people with OCD. This section has lots of information, advice and features to help during this time.

Pulling the Trigger: OCD, Anxiety, Panic Attacks and ...

Part two is "Pulling the Trigger", the definitive survival and recovery approach for OCD, anxiety, panic attacks, and related depression. This is an innovative, user-friendly self-help approach to support and guide mild, moderate, and severe sufferers to a place called recovery and beyond.

OCD, Anxiety, Panic Attacks and Related Depression: The ...

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“Pulling the Trigger brings a new and unique format to Anxiety and OCD books, and it’s credit to Adam and Lauren that I don’t think it is a format that just anyone would be able to write. This book will in all likelihood remain on my bookshelf and recommended reading list for years to come.” – Ashley Fulwood, CEO, OCD-UK. This new edition contains a bonus chapter on how Adam has used this approach to maintain his recovery and wellness several years on.

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