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# Complete Workbook Self Help Mindset

**Estee Gubbay**



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Hidden Rituals Suzanne Byrd, 2025-03-17 *Hidden Rituals Breaking Free from OCD as a Woman* is a groundbreaking guide that explores the often overlooked dimensions of obsessive compulsive disorder in women. Drawing on personal stories, clinical insights, and practical Cognitive Behavioral Therapy (CBT) techniques, this book offers a compassionate roadmap for those struggling with intrusive thoughts, perfectionism, and even postpartum OCD. In a society that pressures women to be flawless, *Hidden Rituals* reveals how deeply ingrained societal expectations can exacerbate the inner turmoil of OCD. Through detailed case studies and real-life examples, the book unveils the hidden battles many women face from pure O obsessions that attack from within to the overwhelming self-doubt experienced by new mothers. The book guides readers step by step through understanding OCD's unique manifestations in women, empowering them with the tools to break free from the endless cycle of compulsions. With references to seminal works such as *Brain Lock* and *Daring Greatly*, it interweaves expert advice with empathetic support, showing that recovery is not only possible but also a journey toward self-discovery and empowerment. Whether you are seeking validation, practical strategies, or simply a deeper understanding of how OCD uniquely affects women, this book serves as an essential resource. *Hidden Rituals* is more than a self-help manual; it is an invitation to reclaim your voice, redefine perfection on your own terms, and build a future defined by resilience, hope, and authenticity. Let this transformative journey empower you to step beyond the hidden rituals and embrace a life of clarity and freedom.

Parent-Child Guide to Coping with Anxiety Dessy Marinova, 2022-06-24 This unique guide pairs the expertise of a trained child psychologist with the fresh voice and perspective of her young daughter to help children and their parents embark on an emotional regulation journey while strengthening their relationships and nurturing their confidence to overcome life obstacles. The young readers will learn alongside their caregivers how to set goals, deal with setbacks, and live a life in line with their values. Dr. Dessy and Lora's guide will help us better understand ourselves and our loved ones, recognizing why we feel and act the way we do and deepen our empathy and care for each other. Using a holistic approach, Dr. Dessy offers step-by-step guidelines on managing strong emotions anytime and anywhere. With simple language and fun illustrations, Dr. Dessy and Lora explain how our brains work with Aimie, the amygdala, making us feel; Brightie, the cerebral cortex, making us think; and Dooie, the prefrontal cortex, making us act. By keenly understanding how these parts of us act and interact and practicing the lessons and exercises offered in this guide, you and your child will be empowered to face fears in any setting. The toolkit with strategies will help children and other family members enjoy events, places, and situations avoided in the past or suffered through because of baseless worries and a thousand what-ifs. Intended primarily for parents, caregivers with children aged eight to twelve, and mental health professionals, this guide addresses a growing societal problem. Research shows that anxiety disorders are the most prevalent mental health conditions worldwide, impacting the quality of life of millions of children and their families. But whether it's anxiety issues or any other strong emotions, this book will help people

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