



Obsessive Compulsive Disorders: Treating and Understanding Crippling Habits

Steven Levenkron

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Running fifteen miles a day without being in training . . . taking two-hour showers and constantly changing clothes . . . working twelve hours a day, six days a week . . . these are obsessive-compulsive disorders. Now a world-renowned psychotherapist explains what they are, how they come about, and what can be done about them.

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