

Freedom From Obsessive Compulsive Disorder: A Personalized Recovery Program For Living With Uncertainty By Jonathan Grayson

By Jonathan Grayson

FREDERICKSBURG, Va. (WUSA) -- For most of Shannon Shy's tenure as a Lieutenant with the United States Marine Corps, he found ways to hide his obsessive rituals and

Jonathan B. Grayson, Ph.D. is a licensed psychologist (PSY26643) and has been specializing in the treatment of obsessive compulsive disorder (OCD) for more than 35

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From the creator of this program: I once went to see my doctor about my Obsessive Compulsive Disorder, who simply said that it was nothing to worry about and that

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