

THE **OCD** **ANSWERBOOK**

Professional Answers to More Than **250** Top
Questions about **Obsessive-Compulsive Disorder**



- ▶ How does OCD work in the brain?
- ▶ What's the difference between a habit and an OCD ritual?
- ▶ What are the most common symptoms?
- ▶ Do diet and exercise have any effect on OCD?

PATRICK B. McGRATH, Ph.D.

The Ocd Answer The Ocd Answer

Kathleen Armour



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