



## What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids)

*By Dawn Huebner*

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### What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids) By Dawn Huebner

Guides children and their parents through the cognitive-behavioral techniques used to treat Obsessive Compulsive Disorder. This interactive self-help book contains examples, activities, and step-by-step instructions that help children master the skills needed to break free from the sticky thoughts and urges of OCD, and live happier lives.

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**What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids) By Dawn Huebner Bibliography**

- Sales Rank: #4075 in Books
- Brand: Magination Press
- Published on: 2007-04-15
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x 8.50" w x .25" l, .60 pounds
- Binding: Paperback
- 96 pages



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