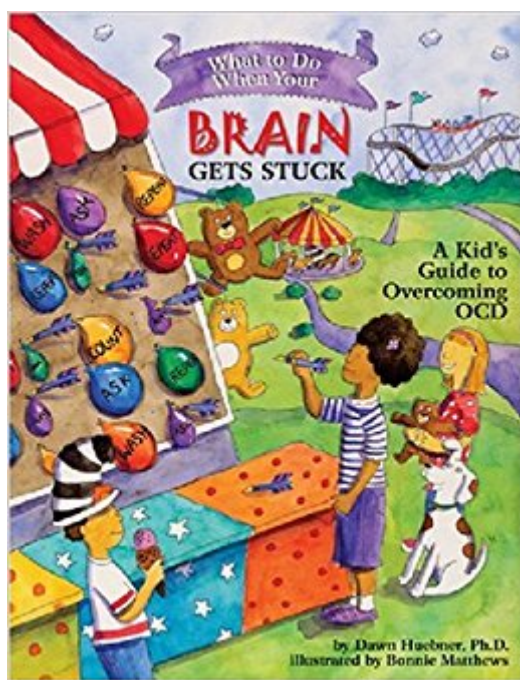


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# What To Do When Your Brain Gets Stuck: A Kid's Guide To Overcoming OCD (What-to-Do Guides For Kids)



## Synopsis

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.

## Book Information

Series: What-to-Do Guides for Kids

Paperback: 96 pages

Publisher: Magination Pr; 1 edition (April 15, 2007)

Language: English

ISBN-10: 1591478057

ISBN-13: 978-1591478058

Product Dimensions: 0.2 x 8.5 x 11 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 192 customer reviews

Best Sellers Rank: #5,417 in Books (See Top 100 in Books) #11 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Illness](#) #20 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Special Needs](#) #51 in [Books > Children's Books > Growing Up & Facts of Life > Health](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

Dr. Huebner tackles OCD in a way that is comprehensive, developmentally appropriate, and fun. This guide is an invaluable tool to demystify OCD and help children heal. -- Michelle Saidel, MD, Clinical Instructor of Psychiatry, Harvard Medical School

National Parenting Publications Gold Award Winner!

Recommended by Pediatrician for 16 yr. old. Very basic, easy for very young kids to grasp, AND was also useful for 16 yr. old to grasp, while brain was in turmoil. Gives explanation of what OCD is, easily understood, explains how you can get back in control of your brain, and helps you form a plan of attack on the OCD. Gave my child something to do until mental health appt. Basically, gives you

the same concepts you'll learn in therapy, in a simple format.

Very helpful but I suggest parents read and paraphrase for young kids- no need to create new fears

This book really helped my daughter overcome her OCD thoughts. The series by Dawn Huebner is excellent.

My 3rd grader reads this book and it has helped her a ton! It helps her understand what her body is feeling when she is going through an anxiety attack. It offers great coping skills by offering activities throughout the book.

I bought this for my nephew after my sister told me he has started obsessive hand washing and being fixated on germs and getting sick. My sister told me he started reading it and using the tips in the book right away. He is 11.

This whole series of books is fantastic. Recommended by our child psychologist. I read through it and the material is presented in a kid-friendly way but isn't super childish in a way that alienates older kids. They use cognitive behavioral therapy (CBT) techniques to help the child deal with their OCD. The book explains what OCD is in a way that makes sense to children and the exercises have already helped my child.

This is among the best books I've seen to help kids, parents, and clinicians talk and learn about pediatric OCD. I would recommend this purchase for every child working through OCD. While it is targeted at children, the information is applicable to adults and teens working through OCD.

I began working on this book with my 9 year old and we have really enjoyed it and the chapters really seem to have made an impact

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Guide to Overcoming Problems With Anger (What to Do Guides for Kids) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Overcoming OCD: A Journey to Recovery Could It Be You?: Overcoming dyslexia, dyspraxia, ADHD, OCD, Tourette's syndrome, Autism and Asperger's syndrome in adults Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) My Story And I'M Stuck With It: A Personal Journey Of Overcoming Hepatitis C What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity (What to Do Guides for Kids) Kids Love Maryland: A Family Travel Guide to Exploring Kid-Tested Places in Maryland... Year Round! (Kids Love Maryland & Washington, DC: A Family Travel Guide Kid) Easter Kid's Audio Bible-Free Easter DVD a 2nd Free Audio Bible on MP3-Bible Stories for Kid's-Bible Stories for Children with 103 Kid's ... Home School Curriculum 15 Audio CDs-1MP3-1DVD It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living Kids Love I-95, 2nd Edition: Your Family Travel Guide to I-95. 500 Kid-Tested Fun Stops & Unique Spots from the Mid-Atlantic to Miami (Kids Love Travel Guides) KIDS LOVE I-75, 2nd Edition: Your Family Travel Guide to Exploring the Best Kid-Tested Places along I-75. 400 Fun Stops & Unique Spots from Michigan to Miami (Kids Love Travel Guides) Kids Love I-95: Your Family Travel Guide to I-95: 500 Kid-Tested Fun Stops & Unique Spots from the Mid-Atlantic to Miami (Kids Love Guides) Brain Games™ #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health

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