

**Overcoming Compulsive Washing: Free Your Mind
From OCD By Paul R. Munford PhD**

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Get Out of Your Mind and is codirector of the Trichotillomania Clinic and chief psychologist of the Obsessive Compulsive Disorder Paul R. Munford, Ph.D.,

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Books - david j. kosins, ph.d

The Imp of the Mind, by Lee Baer; The OCD Workbook, Overcoming Compulsive Washing, by Paul R.
Munford; Ph.D. 2015

Hrh - obsessive-compulsive disorder and related

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Ocd types | washing and cleaning compulsions

About Obsessive-Compulsive Disorder. Washing and cleaning rituals are the most well-known and widely recognized symptom of OCD. People with this type of OCD can be

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