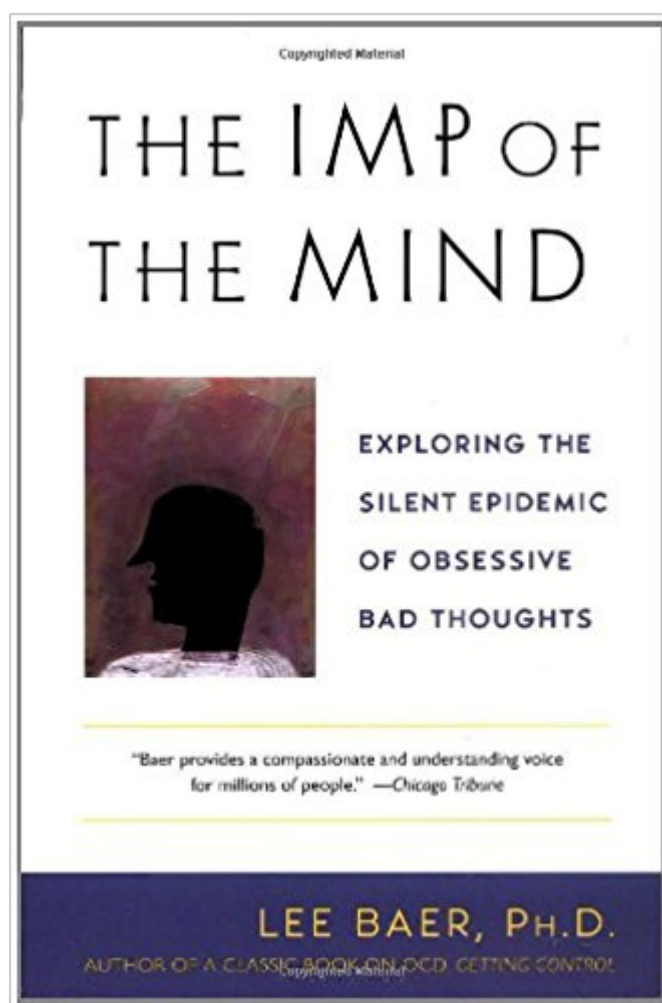


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The Imp Of The Mind: Exploring The Silent Epidemic Of Obsessive Bad Thoughts



Synopsis

A leading expert on Obsessive Compulsive Disorder explores the hidden epidemic that afflicts millions of Americans. In the first book to fully examine obsessive bad thoughts, Dr. Lee Baer combines the latest research with his own extensive experience in treating this widespread syndrome. Drawing on information ranging from new advances in brain technology to pervasive social taboos, Dr. Baer explores the root causes of bad thoughts, why they can spiral out of control, and how to recognize the crucial difference between harmless and dangerous bad thoughts. An illuminating and accessible guide to the kinds of thoughts that create extreme fear, guilt, and worry, *The Imp of the Mind* provides concrete solutions to a tormenting and debilitating disorder. Including special sections on the prescription medications that have proven effective, it is "a beautifully written book that can be a great help to people who want to know what to do about obsessions" (Isaac Marks, M.D., author of *Living with Fear: Understanding and Coping with Anxiety*).

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Customer Reviews

Specializing in the diagnosis and treatment of obsessive-compulsive disorder, psychologist Baer (an associate professor at Harvard) turns the spotlight on a little-known but common form of obsession, "bad thoughts." According to Baer, these "intrusive" thoughts fall into a few basic types: violent, sexual and blasphemous words, and images of a religious nature. Borrowing from Edgar Allan Poe, Baer blames such mental torment on "the imp of the perverse," that little devil inhabiting all human minds, cross-culturally and across time, "who makes you think the most inappropriate thoughts at

the most inappropriate times." For most people, the imp proves no more than a "fleeting annoyance" most of the time, but for Baer's patients, these impish thoughts create extreme fear, guilt and worry. Attempting to suppress them only makes them stronger, leading the afflicted to avoid places, people and situations that provoke them. A new mother who obsessively thinks about harming her infant, for example, may increasingly avoid daily caretaking activities. Tending to be perfectionist and "overly conscientious," these people are highly unlikely ever to act on their bad thoughts, Baer explains. The most successful treatment, he says, involves desensitizing individuals by increasingly (and safely) exposing them to the situations that provoke their "bad thoughts

“One of the most creative and lucid thinkers in the area of OCD| A marvelous book for the millions who suffer from painful thoughts. •Michael A. Jenike, M.D., professor of psychiatry, Harvard Medical School “Baer provides a compassionate and understanding voice for millions of people. •Chicago Tribune Praise for Getting Control “One of the world’s leading experts on obsessive-compulsive disorder and on methods of self-help. This excellent third edition includes recent advances in the assessment and treatment of this disorder. Sufferers, relatives, and friends can benefit greatly from reading this book. •Isaac Marks, M.D., FRCPsych, author of Living with Fear “Very few clinicians are as experienced as Dr. Baer in the treatment of OCD. •Sabine Wilhelm, Ph.D., Harvard Medical School; director, OCD and Related Disorder Program, Massachusetts General Hospital

I read this book for a friend of mine who called me crying to pray for her as she was taking her young daughter to the hospital because of serious bad thought she had. Her daughter suffers from ocd I feel after reading this book and can be a better friend because I am informed.

Lee Baer hits the nail on the head with this book. It's so hard explaining to people about this disease. They automatically assume that OCD is a perfectionist disease, characterized by order and incessant hand-washing. It is, in fact, so much deeper than that. The thoughts that prompt the compulsions are the real culprits. For someone with OCD, all it takes is one fleeting disturbing thought. Like fuel to the flame, the cause and effect scenarios ensue. The merciless rumination of one solitary thought augmented by irrationality. Temporary relief is only found by a fruitless compulsion, hand-washing, checking, avoidance, etc. It is a vicious cycle and a daily struggle for those afflicted. Everyone should read this book to gain better perspective.

Great book for anyone with negative self talk, OCD, Schizophrenia,... any thought based issue. Very very good and easy read

Great book, probably gonna read it again and again as it helps when I'm having bad thoughts. Definitely recommend to anyone who's suffering with saver OCD.

A close family member is at a world renowned anxiety program and they recommended this book. The bottom line is that you can beat the bad thoughts by breaking the cycle of related behavior. The author has decades of experience and his real life examples are inspiring.

Someone rated this book 1 out of 5. They said that if you have OCD this book might "scare" you a bit. I have to agree. When you suffer from OCD the last thing you need are more things to worry about, which this book does present. However, it has been incredibly helpful and insightful. I personally preferred "Tormenting Thoughts and Secret Rituals" by Ian Osborn, but "The Imp of the Mind" has a lot to offer. I think the steps the author outlines for treating your OCD symptoms are presented very well. They present a great guide for working through this yourself and it is worth owning and reading without a doubt.

This book is coming from an expert in the field dealing with the mind, as such, supposedly should serve as a guide. Besides the author's insights, other experts in the mind treatments are sighted, making it more appreciable or applicable to use. Due to these, for me, it serves a worthy purpose. Thanks!

Could have been better

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