

Pure OCD Recovery: The Revolutionary New Approach That Uses Cognitive Behavioral Therapy to Overcome Unwanted Thoughts and Fear

Do you struggle with intrusive thoughts that make you feel anxious, guilty, or ashamed? Do you spend hours trying to suppress or control these thoughts, only to have them come back stronger? If so, you may be suffering from Pure OCD.

Pure OCD is a debilitating mental health disorder that can make it difficult to live a normal life. People with Pure OCD often experience:



Pure O OCD Recovery by Salley Mavor

★★★★☆ 4 out of 5

Language	: English
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Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 33 pages
Lending	: Enabled
Screen Reader	: Supported



- Unwanted thoughts about violence, sex, religion, or other taboo topics
- Fear that they will act on these thoughts
- Compulsions to check, avoid, or neutralize the thoughts

Traditional treatments for OCD, such as medication and exposure and response prevention (ERP) therapy, can be helpful for some people. However, many people with Pure OCD do not respond well to these treatments.

The good news is that there is a new approach to treating Pure OCD that is proving to be very effective. This approach is called "Pure OCD Recovery" and it was developed by Salley Mavor, a licensed clinical psychologist who has been specializing in the treatment of OCD for over 20 years.

Pure OCD Recovery is based on the principles of cognitive behavioral therapy (CBT). CBT is a type of therapy that helps people to change their thoughts, feelings, and behaviors. Pure OCD Recovery uses CBT to help people with Pure OCD to:

- Identify and challenge their unwanted thoughts
- Learn to tolerate uncertainty and anxiety
- Develop coping mechanisms to deal with their thoughts

Pure OCD Recovery is a comprehensive treatment program that includes individual therapy, group therapy, and homework assignments. It is typically conducted over a period of 12 to 16 weeks.

Research has shown that Pure OCD Recovery is an effective treatment for Pure OCD. In one study, 80% of participants experienced a significant reduction in their symptoms after completing the program.

If you are struggling with Pure OCD, I encourage you to learn more about Pure OCD Recovery. This revolutionary new approach to treatment can

help you to overcome your unwanted thoughts and fears and live a full and meaningful life.

About the Author

Salley Mavor, LCSW, is a licensed clinical social worker and the founder of the Pure OCD Treatment Center in New York City. She has been specializing in the treatment of OCD for over 20 years and has developed a revolutionary new approach to treating Pure OCD called "Pure OCD Recovery." Salley is the author of the book *Pure OCD Recovery: A Step-by-Step Guide to Healing from Unwanted Thoughts and Fears*.

Testimonials

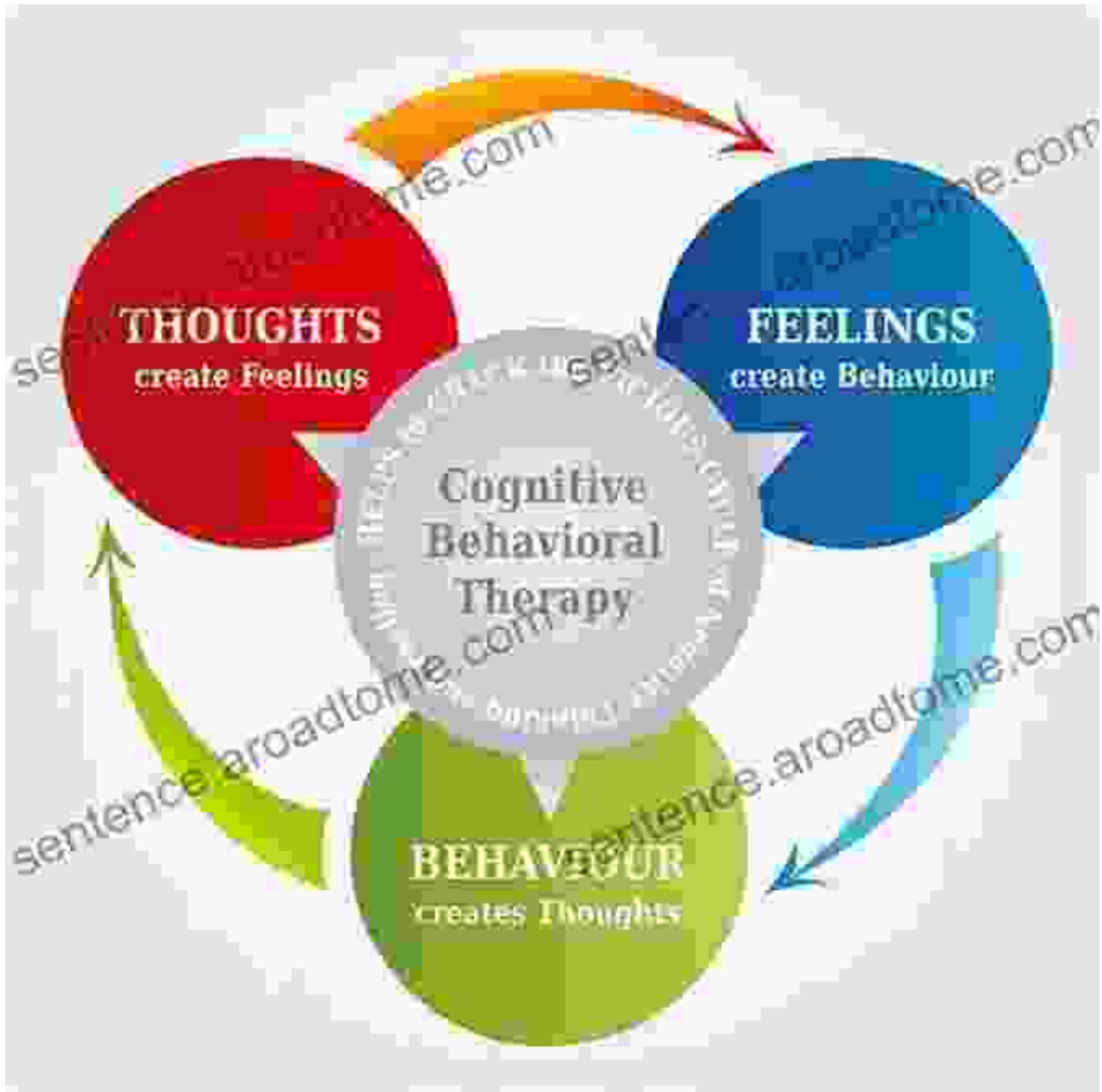
"Pure OCD Recovery has changed my life. I used to be a prisoner of my own thoughts, but now I am free. I am so grateful to Salley Mavor for developing this program." - **John**

"I have struggled with Pure OCD for years. I have tried medication and ERP therapy, but nothing has worked until now. Pure OCD Recovery is the only treatment that has helped me to overcome my unwanted thoughts and fears." - **Mary**

Free Download Your Copy Today

If you are ready to take control of your life and overcome Pure OCD, I encourage you to Free Download your copy of *Pure OCD Recovery* today. This book will guide you through the Pure OCD Recovery program and help you to achieve lasting recovery.

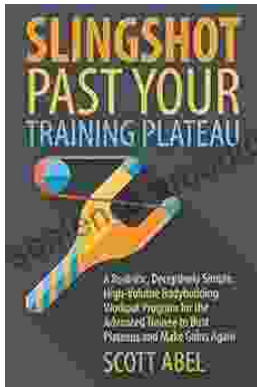
To Free Download your copy, please visit the Pure OCD Treatment Center website at <https://www.pureocd.com/>.



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