

**Freedom From Obsessive Compulsive Disorder: A  
Personalized Recovery Program For Living With Uncertainty  
By Jonathan Grayson**

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### **The Grayson LA Treatment Center for Anxiety & OCD**

Jonathan B. Grayson, Ph.D. is a licensed psychologist (PSY26643) and has been specializing in the treatment of obsessive compulsive disorder (OCD) for more than 35

### **Obsessive Compulsive Disorder And Freedom From**

From the creator of this program: I once went to see my doctor about my Obsessive Compulsive Disorder, who simply said that it was nothing to worry about and that

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Freedom from obsessive-compulsive disorder : a personalized recovery program for living with uncertainty

### **Jonathan B. Grayson, Ph.D. | The Grayson LA**

Jonathan B. Grayson, recognized expert and author of Freedom from Obsessive Compulsive Disorder: a Personalized Recovery Program for Living with Uncertainty,

### **Freedom From Obsessive Compulsive Disorder |**

FREDERICKSBURG, Va. (WUSA) -- For most of Shannon Shy's tenure as a Lieutenant with the United States Marine Corps, he found ways to hide his obsessive rituals and

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the obsessive thoughts, Freedom from obsessive-compulsive disorder: A personalized recovery program for living with uncertainty.

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while living day to day with obsessive-compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty (Berkley Trade, 2008) by Jonathan

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## **Freedom from OCD | ocdtalk**

Feb 13, 2012 When he was dealing with severe obsessive compulsive disorder, my son Dan spent nine weeks in a residential treatment program. During this time, he kept

## **Freedom from Obsessive Compulsive Disorder**

An OCD survivor teaches you to achieve freedom from obsessions and compulsions.

## **Jonathan Grayson | LinkedIn**

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