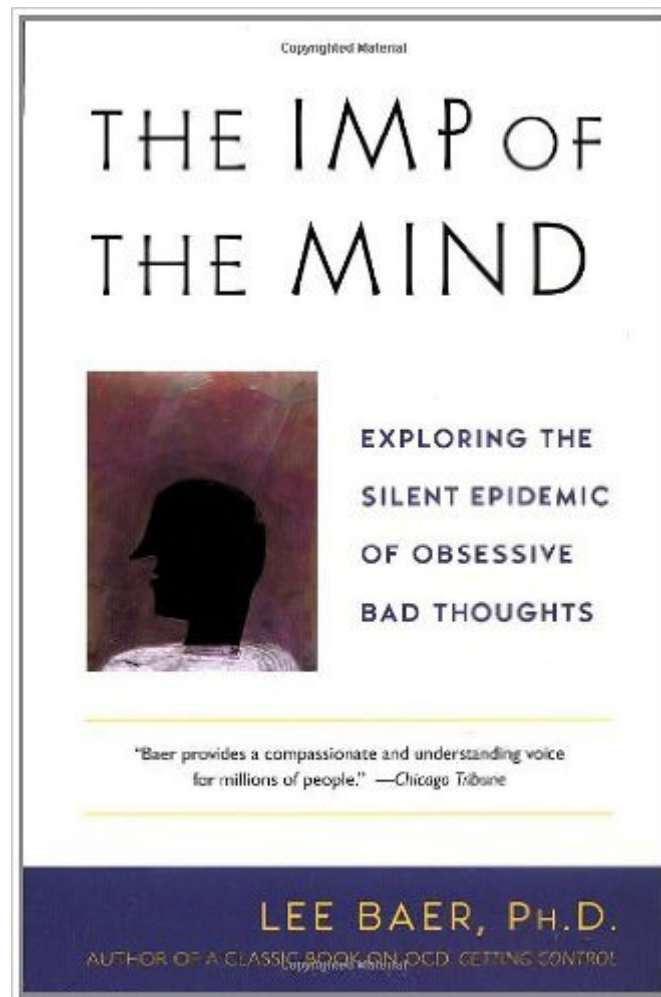


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The Imp Of The Mind: Exploring The Silent Epidemic Of Obsessive Bad Thoughts



Synopsis

In *The Imp of the Mind*, 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*).

Book Information

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Customer Reviews

The Imp of the Mind: Exploring the Silent Epidemic of Obsessive Bad Thoughts, breaks tremendous ground with those of us who have suffered at one time another with what Dr. Lee Baer refers to as 'Obsessive Bad Thoughts'. Some have objected to the use of the term 'bad thoughts' as judgemental of OCD sufferers, or their intelligence. I don't find this to be true, though, as Baer uses the term to refer to images and feelings that the perceiver him/herself is disturbed by (as well as the

feeling of -being- disturbed), so in essence it's no more judgemental to call them bad thoughts than say someone has 'bad feelings' when they sprain an ankle. The book is a very powerful first step for people who suffer from thoughts; be they violent, sexual, blasphemous, or otherwise directly in opposition to their own personal taboos. Baer explains in scientifically validated yet easily accessible language that sufferers of this problem are not criminal or amoral, as they may fear themselves to be 'deep down', nor are they alone. This very reveal can be liberating for someone who has suffered in silence and isolation, feeling unable to talk about their afflicting thoughts for fear of being looked at as insane or treated as a pariah. Baer explains that the very act of trying to suppress thoughts that are taboo is what reinforces them and causes them to develop into obsessions in the first place. He uses many case examples of patients he has worked with in the past, as well as data collected from large surveys to show that not only is this phenomenon widespread and common, but that sufferers are NOT the things they obsess and fear themselves to be and that those fears run the gambit of all extremes, from worrying about bestiality to becoming a serial killer!

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