

OCD Resources:

International OCD Foundation: www.iocdf.org IOCDF Mid-Atlantic Affiliate: www.ocdmidatlantic.org
Anxiety and Depression Association of America: www.adaa.org Overcoming OCD (Shannon Shy):
www.overcomingOCD.net Beyond OCD: www.beyondocd.org Stop Obsessing!: How to Overcome Your
Obsessions and Compulsions by Edna B. Foa and Reid Wilson The OCD Workbook: Your Guide to
Breaking Free from Obsessive Compulsive Disorder by Bruce M. Hyman and Cherry Pedrick Don't Panic:
Taking Control of Anxiety Attacks by Reid Wilson Up and Down the Worry Hill: A Children's Book about
Obsessive-Compulsive Disorder and its Treatment by Aureen P. Wagner The Mindfulness and
Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using
Acceptance and Commitment Therapy by John P. Forsyth and Georg H. Eifert

Hoarding Resources:

Websites - same as OCD websites

Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding by David F. Tolin, Randy O.
Frost, and Gail Steketee Overcoming Compulsive Hoarding: Why You Save and How You Can Stop by
Fugen Neziroglu, Jerome Bubrick, and Jose A. Yaryura-Tobias Compulsive Hoarding and Acquiring:
Therapist Guide & Workbook by Gail Steketee and Randy O. Frost What Every Professional Organizer
Needs to Know About Hoarding by Judith Kolberg

Stuff: Compulsive Hoarding and the Meaning of Things by Randy O. Frost and Gail Steketee Digging Out:
Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring by Michael A. Tompkins
and Tamara L. Hartl

Perfectionism Resources:

Antony, M.M. and Swinson, R.P. (2009). When Perfect Isn't Good Enough: Strategies for coping with
perfectionism (2nd Ed). Oakland, CA: New Harbinger.

Brown, B. (2010). The Gifts of Imperfection: Let go of who you think you're supposed to be and
embrace who you are. Center City, Minnesota: Hazelden.

Szymanski, J. (2011). The Perfectionist's Handbook: Take risks, invite criticism, and make the most of
your mistakes. Hoboken, NJ: John Wiley & Sons.

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