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Jon is coauthor of The

Mindfulness Workbook

for OCD and author of

When a Family Member

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Has OCD. He is a
frequent presenter at
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professional
contributor to multiple
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Hershfield is coauthor of the books *Everyday Mindfulness For OCD* and *The Mindfulness Workbook for OCD* and is the author of *When a Family Member Has OCD*, *Overcoming Harm OCD*, and *The OCD Workbook*. He specializes in the mindfulness-based and cognitive behavioral treatment of obsessive-compulsive disorder.

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Jon Hershfield MFT et
al. Jon Hershfield MFT
is a specialist in the
use of mindfulness and
CBT to treat OCD and
related disorders. He is
the director of The OCD
and Anxiety Center of
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everything a person can try—electroconvulsive therapy, mindfulness meditation, essential oils, etc—I've probably already read about it in my research. When I sat down with the Mindfulness Workbook for OCD by John Hershfield, MFT and Tom Corboy, MFT, I expected to put down the book and have the same conclusions as I usually do.

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