

Suggestions de lectures sur le trouble obsessionnel-compulsif et troubles associés
Suggested readings on obsessive-compulsive disorder and related disorders

Trouble obsessionnel-compulsif
Obsessive-compulsive disorder

GÉNÉRAL/GENERAL (*voir plus bas pour enfants et adolescents; see below for children and adolescents*)

- Baer, L. (2002). *The Imp of the Mind*; reissue edition. Plume. 176 pages.
- Baer, L. (2000). *Getting Control: Overcoming Your Obsessions and Compulsions*; 2nd revised edition. Plume. 272 pages.
- Bell, J. (2007). *Rewind, Replay, Repeat : A Memoir of Obsessive-Compulsive Disorder*. Hazelden. 300 pages.
- Bouvard, M. (2003). *Les troubles obsessionnels compulsifs*. Masson. 237 pages.
- Bruce, M. & Pedrick, C. H. (2005). *The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder*; 2nd edition. New Harbinger. 237 pages.
- Chapelle, F. (2004). *Les TOC: Quand le Quotidien Tourne à l'Obsession*. Éditions Milan (Collection Les Essentiels). 63 pages.
- Cottraux, J. (2005). *Les Ennemis Intérieurs: Obsessions et Compulsions*. Odile Jacob - Poche.
- De Silva, P. & Rachman, S. (2004). *Obsessive-Compulsive Disorder: The Facts*. Oxford University Press, UK. 160 pages.
- Draper, S., Petkovski, S. & Fox, M. (2007). *Too Good: The Scott Draper Story*. Random House Australia. 272 pages.
- Dumont, R. (1996). *The Sky Is Falling: Understanding and Coping With Phobias, Panic, and Obsessive-Compulsive Disorders*. W.W. Norton & Co.-Trade. 316 pages.
- Foster, C. H. (1994). *Funny, You Don't Look Crazy: Life With Obsessive-Compulsive Disorder*. Ebooksonthe.Net.
- Gius, M. (2006). *Living with severe obsessive compulsive disorder*. Book Publishers Network. 225 pages.
- Gravitz, H. L. (1998). *Obsessive Compulsive Disorder: New Help for the Family*. Partners Publishers Group. 225 pages.
- Hyman, B. & Dufrene, T. (2008). *Coping With OCD: Practical Strategies for Living Well With Obsessive-Compulsive Disorder*. New Harbinger Publications. 153 pages.
- Landman, K. J., Rupertus, K. M. & Pedrick, C. (2005). *Loving Someone with OCD: Help for You & Your Family*. New Harbinger. 174 pages.
- McGrath, P. (2007). *The OCD Answer Book*. Sourcebooks Inc. 256 pages.
- Neveu, R. (2006). *Faire face aux TOC*. Retz. 287 pages.
- Neziroglu, F., Bibrick, J. & Yaryura-Tobias, J. (1997). *Over and Over Again: Understanding Obsessive-Compulsive Disorder, Revised Edition*. John Wiley and Sons Canada. 240 pages.
- O'Connor, K., Aardema, F. & Pélissier, M.-C. (2005). *Beyond Reasonable Doubt: Reasoning Processes in Obsessive-Compulsive and Related Disorders*. Chichester, UK: Wiley & Sons. 304 pages.
- Ours, Nathalie (2006). *TOC*. Joelle Losfeld. 89 pages.
- Rapoport, J. (2001). *Le Garçon qui n'Arrêtait Pas de se Laver*. Odile Jacob - Poche.
- Rapoport, J. (1991). *Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder*. Signet MM. 304 pages.
- Roy, C. (1999). *Obsessive Compulsive Disorder: A Survival Guide For Family And Friends*. Hazelden. 71 pages.
- Schwartz, J. & Beyette, B. (1997). *Brain Lock: Free Yourself from Obsessive-Compulsive Behavior*. Harpercollins Trade Sales Dept. 256 pages.
- Sauternaud, A. (2002). *Je ne peux pas m'arrêter de laver, vérifier, compter*. Odile Jacob. 335 pages.
- Steketee, G. (1999). *Overcoming Obsessive-Compulsive Disorder*. New Harbinger Publications. 72 pages.

- Steketee, G. & White, K. (1998). *When Once is Not Enough: Help for Obsessive-Compulsives*. New Harbinger Publications. 229 pages.
- Timmermans, J.-M. (2005). *Comment vivre avec une personne atteinte de TOC*. J. Lyon. 255 pages.

ENFANTS ET ADOLESCENTS / CHILDREN AND ADOLESCENTS

- Botbol, M. & De Paillette, I. (2005). *Réponses à vos questions sur les TOC de l'enfant et de l'adolescent*. Solar. 245 pages.
- March, J. S. (2007). *Talking Back to OCD : The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go"*. Guilford Publications. 276 pages.
- March, J. (1998). *OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual*. Guilford Publications. 398 pages.
- Martin, S. & Costello, V. (2008). *The Everything Parent's Guide to Children with OCD*. Adams Media. 304 pages.
- Huebner, D. & Matthews, B (2007). *What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD*. Magination Press. 96 pages.
- Vera, L. (2004). *Troubles obsessionnels compulsifs chez l'enfant et l'adolescent*. Dunod. 224 pages.
- Wagner, A. P. (2004). *Up and Down the Worry Hill : A Children's Book about Obsessive-Compulsive Disorder and its Treatment*. Lighthouse Press. 48 pages.
- Wagner, A. P. (2002). *What to do when your Child has Obsessive-Compulsive Disorder : Strategies and Solutions*. Lighthouse Press. 444 pages.
- Wells, J. (2006). *Touch and Go Joe: An Adolescent's Experience of OCD*. Jessica Kingsley Publishers. 128 pages.

Accumulation compulsive *Compulsive hoarding*

- Neziroglu, F., Bubrick, J. & Yaryura-Tobias, J. (2004). *Overcoming Compulsive Hoarding: Why You Save & How You Can Stop*. New Harbinger. 146 pages.
- Steketee, G. & Frost, R. (2007). *Compulsive Hoarding and Acquiring: Workbook*. Oxford University Press. 160 pages.
- Tolin, D. F., Frost, R. O. & Steketee, G. (2006). *Buried in treasures: help for compulsive acquiring, saving and hoarding*. Oxford University Press.

Peur d'une dysmorphie corporelle *Body dysmorphic disorder*

- Baughan, R. & Goddard, T. (2008). *The Butterfly Girl*. John Blake. 275 pages.
- Claiborn, C. & Pedrick, J. (2002). *The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions with Worksheet*. New Harbinger Publications. 200 pages.
- Phillips, K. A. (2005). *The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder*. Oxford University Press US. 432 pages.
- Wilhelm, S. (2006). *Feeling Good about the Way You Look : A Program for Overcoming Body Image Problems*. The Guilford Press. 212 pages.

Trichotillomanie
Trichotillomania

- Penzel, F. (2003). *The Hair-Pulling Problem: A Complete Guide to Trichotillomania*. Oxford University Press US. 384 pages.
- Keuthen, N. J., Stein, D.J. & Christenson, G. A. (2001). *Help for Hair Pullers: Understanding and Coping with Trichotillomania*. New Harbinger Publications. 184 pages.
- Stein, D. J., Hollander, E. & Christenson, G. A. (1999). *Trichotillomania*. American Psychiatric Pub Group. 344 pages.