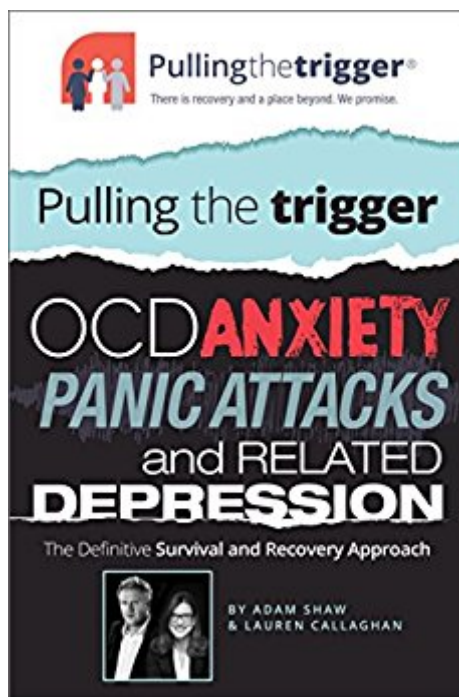


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# Pulling The Trigger: OCD, Anxiety, Panic Attacks And Related Depression - The Definitive Survival And Recovery Approach (Pullingthetrigger®)



## Synopsis

"Adam's inspirational story of recovery with the guidance and wisdom from world leading psychologist, Lauren Callaghan". Voted the UK's No 1 innovative self-help book to support mental health recovery. An awe-inspiring and ground-breaking approach to mental health recovery, designed to give sufferers and their families compassionate, practical, and life-changing advice." [young-enterprise.org.uk](http://young-enterprise.org.uk). From the heart and soul of a lifelong OCD and anxiety sufferer, combined with the expert mind and experience of a leading clinical psychologist, Trigger Press Publishing are proud to introduce the simple, yet highly effective, self-help method of Pulling the Trigger. This publication is a definitive survival and recovery approach for OCD, anxiety, panic attacks and related depression. In Part I we follow Adam's desperate lifelong struggle with OCD, anxiety, panic attacks and related depression, leading him to the brink of suicide. We witness the painful, despairing journey of a young man who never really understood the illness tormenting him until Lauren came into his life and changed his world forever. Sufferers with any type of mental health condition will identify with Adam's suffering and the daily struggles of his condition. Lauren's wisdom, innovative and compassionate approach in leading Adam to recovery is captured perfectly as she provides valuable insight into why and how he struggled with his condition and what needed to be done to ensure his path to recovery and beyond. Part II is PullingtheTrigger®<sup>®</sup>, the definitive survival and recovery approach for OCD, anxiety, panic attacks and related depression. This is an innovative, user-friendly self-help approach to support and guide mild, moderate and severe sufferers to a place called recovery and beyond. Thank you for your amazing support. By purchasing this product, you are also making a huge difference to sufferers around the world with mental health issues. All of our PullingtheTrigger®<sup>®</sup> products have substantial enterprising and philanthropic value which generate contributing proceeds towards our global mental health charity, The Shaw Mind Foundation. [www.shawmindfoundation.org](http://www.shawmindfoundation.org) We are so proud of our books. Each book produced in the PTT (PullingtheTrigger®<sup>®</sup>) range is derived from unconditional attention and focus through years of research and drawing upon expert resource from all around the world. Our passion is in delivering unique, supportive and user-friendly self-help books for the mental health community, utilising a winning combination of a distinctive Cognitive Behavioural Therapy (CBT) and compassion focussed approach. [www.pulling-the-trigger.com](http://www.pulling-the-trigger.com) This book was specifically created to help those sufferers and their families at the point of need. This publication has been ergonomically designed in a user friendly format to aide in the recovery of the sufferer as well as giving them a blueprint for hope and inspiration that recovery can happen and they can indeed reclaim their life.

## Book Information

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## Customer Reviews

Reading about Adamâ™s story helped me learn more about my own anxiety and obsessive thoughts and encouraged me to pursue steps to recovery. Connecting to his story about OCD and how he got over his darkest point made me take a step back and try to gain control over my life again. Iâ™m so glad I read this book.

I read this book with awe. Adam Shawâ™s incredibly compelling story of his struggles trying to manage his OCD and how he overcame his suicidal thoughts, severe anxiety and depression with the help of world-renowned psychologist, Dr. Lauren Callaghan is fascinating. The second part of the book offers helpful step-by-â “step tips for anyone seeking help with their own anxiety, panic attacks or depression and is the ultimate guide for anyone who cannot get access to mental health care. It offers an easy to understand, cognitive-based recovery approach concentrating on three areas: accept, embrace and control. Buy this book . Youâ™ll be so glad you did!

Brilliant book, amazing insight and help for anybody to over come their anxiety. Highly recommend

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