



# Obsessive-Compulsive Personality Disorder: Understanding the Overly Rigid, Controlling Person

*Martin Kantor*

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## Obsessive-Compulsive Personality Disorder: Understanding the Overly Rigid, Controlling Person

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This unprecedented work is an invaluable resource for therapists treating patients with obsessive-compulsive personality disorder (OCPD), for individuals suffering from OCPD, and for friends, family, and coworkers of those with OCPD.

- Explains how OCPD compromises not only the quality of life of its sufferers but also the lives of many of the people that surround each OCPD individual
- Examines OCPD from multiple perspectives, documenting the author's eclectic treatment approach that views OCPD from multiple vantage points, including the psychodynamic, the interpersonal, and the cognitive-behavioral
- Extends the discussion of OCPD to include OCPD-inspired bureaucracies and how treating these toxic environments can lead to substantially improved socioeconomic functioning worldwide
- Serves therapists treating patients with OCPD; patients suffering from OCPD; friends, family, and coworkers of those with OCPD; and general readers interested in mental health issues
- Provides a bonus section on self-help methods that can be employed by the OCPD sufferer and those in the path of OCPD fallout

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