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The thing we imagine to be the worst possible thing can and

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does change over time.

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Baer, Ph.D. □The “Imp

of the Perverse,” as

Poe described it. o “We

perpetrate them

merely because we

feel that we should

NOT.”

**The thing we
imagine to be the
worst possible thing
can ...**

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Baer, PhD, is a book
that will give sufferers
of “bad thoughts” OCD
a lot of hope. OCD is an
extremely isolating
illness, but if you read
this book, you will
know you are not
alone. Everyone has
bad thoughts

**Aha! Moments from
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OCD Treatment & Therapy

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Hey guys as I said I'm reading imp of the mind, I just got the book today and the first 42 pages were reassuring then comes page 43 describing when thoughts are dangerous and it lists people who don't feel anxious about their thoughts as a danger sign, well recently my anxiety had dramaticly fropped from throwing up to not being able to

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eat more than 3 meals
in about 3 weeks
without a single ...

**I'm reading imp of
the mind, some
things in it are
making ...**

“The Imp of the
Perverse will try to
torment you with
thoughts of whatever it
is you consider to be
the most inappropriate
or awful thing that you
could do.

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**Lee Baer (Author of
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Millions of people are troubled by recurrent, unpleasant thoughts, such as contemplating some horrendous act of violence against a loved one. If you are among them, read *The Imp of the Mind*, by...

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The Imp of the Mind:
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Bad Thoughts, breaks
tremendous ground
with those of us who
have suffered at one
time another with what
Dr. Lee Baer refers to
as 'Obsessive Bad
Thoughts'. Some have
objected to the use of

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the term 'bad thoughts'
as judgemental of OCD
sufferers, or their
intelligence.

The Imp of the Mind: Exploring the... book by Lee Baer

If you've been keeping up with my blog posts you probably know how much I admire Dr. Lee Baer, author of *The Imp of the Mind: Exploring the Silent Epidemic of Obsessive Bad Thoughts*, and how

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I owe so much of my recovery to this book.

The Imp of the Mind - Alison Dotson

In *The Imp of the Mind*, a leading expert on Obsessive Compulsive Disorder explores the hidden epidemic that afflicts millions of Americans. In the first book to fully examine obsessive bad thoughts, Dr. Lee Baer combines the latest research with his own

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advances in brain
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Compulsions and The
Imp of the Mind, Baer
is an associate

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