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Questions & Answers About ocd book in hindi

No	Question	Answer
1	क्या OCD एक मानसिक रोग है और इसे कैसे पहचाना जा सकता है?	हाँ, OCD एक मानसिक रोग है जो अनिष्टकामों और अत्यधिक ध्यान देने के चक्रों से संबंधित है। 'क्या आपको ऐसा लगता है कि आपको कुछ करने की आवश्यकता है, जो वास्तव में अनावश्यक है?' यह एक संकेतक है कि आपको OCD हो सकता है।
2	OCD को कैसे ठीक किया जा सकता है और क्या यह ठीक हो सकता है?	हाँ, OCD को ठीक करने के लिए एक विशेषज्ञ की सलाह लेना आवश्यक है। OCD को ठीक करने के लिए एक विशेषज्ञ की सलाह लेना आवश्यक है।
3	OCD को ठीक करने के लिए क्या कुछ चीजें हैं जो हम कर सकते हैं?	हाँ, OCD को ठीक करने के लिए कुछ चीजें हैं जो हम कर सकते हैं। 'क्या आपको ऐसा लगता है कि आपको कुछ करने की आवश्यकता है, जो वास्तव में अनावश्यक है?' यह एक संकेतक है कि आपको OCD हो सकता है।

4	क्या OCD को समझने में मदद करने के लिए कोई विशेष तकनीक है?	हां, 'समस्या-समाधान' तकनीकें हैं जो आपको अपने OCD को समझने में मदद करती हैं, जो आपको अपने OCD को समझने में मदद करती हैं।
5	OCD को समझने में मदद करने के लिए किसे देखना चाहिए?	हां, आप डॉक्टर, मनोचिकित्सक या किसी भी प्रकार के OCD को समझने में मदद करने वाले व्यक्ति से सलाह ले सकते हैं।
6	OCD को समझने में मदद करने के लिए किसे देखना चाहिए?	हां, आप डॉक्टर, मनोचिकित्सक या किसी भी प्रकार के OCD को समझने में मदद करने वाले व्यक्ति से सलाह ले सकते हैं।
7	OCD को समझने में मदद करने के लिए किसे देखना चाहिए?	हां, आप डॉक्टर, मनोचिकित्सक या किसी भी प्रकार के OCD को समझने में मदद करने वाले व्यक्ति से सलाह ले सकते हैं।
8	OCD को समझने में मदद करने के लिए किसे देखना चाहिए?	हां, OCD को समझने में मदद करने के लिए किसे देखना चाहिए, आप डॉक्टर, मनोचिकित्सक या किसी भी प्रकार के OCD को समझने में मदद करने वाले व्यक्ति से सलाह ले सकते हैं।

क्या आप डॉक्टर, मनोचिकित्सक, या किसी भी प्रकार के OCD को समझने में मदद करने वाले व्यक्ति से सलाह ले सकते हैं?

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