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Jon Hershfield - The mindfulness workbook for OCD \u0026 The OCD Workbook for Teens (#259) by The OCD Stories 2 weeks ago 46 minutes 260 views In episode 259 I chat with Jon Hershfield. Jon is a psychotherapist and the director of The Center for , OCD , and , Anxiety , , ...

[Ep. 172: OCD Mindfulness Tools with Jon Hershfield](#)

Ep. 172: OCD Mindfulness Tools with Jon Hershfield by Kimberley Quinlan, LMFT 1 week ago 48 minutes 63 views Welcome back to another episode of Your , Anxiety , Toolkit Podcast. Today I am so happy to have Jon Hershfield on with us. Jon is ...

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