

OCD & the 6-Moment Game: Strategies & Tactics

Promotional Text for Instagram, Facebook, LinkedIn (Option 1)

I am excited to share with you all that Dr. Reid Wilson (@rreidwilson) has released an online self-help program for individuals with OCD who want to learn new strategies for winning over this disorder—moment by moment! OCD & the 6-Moment Game: Strategies & Tactics is a self-paced course that includes a 4-hour self-help video course, a downloadable E-book, and your very own downloadable Self-Help Workbook.

As a BONUS, anyone who purchases this course with the code “**IOCDF**” will also get to join in on **two** private 1.5-hour webinars with Dr. Reid Wilson (Dates TBD)! There, you will be able to ask questions, learn more about self-help tactics for OCD, and connect with Dr. Wilson on how you are doing with the course.

100% of proceeds using the code above will be donated to the International OCD Foundation (@iocdf) to help those with OCD live full and productive lives!

Promotional Text for Twitter (Option 2)

Did you know that Dr. Reid Wilson (@rreidwilson) has released an online self-help program for those with OCD who want to learn new strategies for winning over this disorder—moment by moment?

OCD & the 6-Moment Game: Strategies & Tactics is a self-paced course that includes a 4-hour self-help video course, a downloadable E-book, and a digital Self-Help Workbook to guide in starting your own self-help exposures.

All proceeds from this course using the code “**IOCDF**” will be donated to the IOCDF (@iocdf)—AND as a bonus, those who purchase using this code will also get to join in on **two** private 1.5-hour webinars with Dr. Reid Wilson (Dates TBD)!