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## Obsessive Compulsive Demon (Paperback)

By Jo Flack

Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I do not want to be perceived as that colloquial label, a germaphobe , which is used to refer to someone who is fastidious about cleanliness. I am a person struggling with an inner demon that has taken control of my thoughts and actions and left me debilitated. Obsessive Compulsive Demon is an autobiographical tale of one person s battle with Mental Illness. Thoughtful, candid, edifying, wry, heart-rending and hopeful in equal measure, this book delves into the world of the Obsessive Compulsive Disorder (OCD) sufferer. Beginning with a letter inviting the author to participate in an OCD research survey, the narrative looks back to the events which led to the letters arrival and forward to the ultimate consequences of participation in the research. It chronicles the decision to seek psychiatric support and the use of Cognitive Behavioural Therapy as well as exploring the role of prescription medication, the application of self-help, the daily struggles of living with the disorder and an introspective search for the cause; all whilst insightfully laying bare the intricacies of the illness.



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