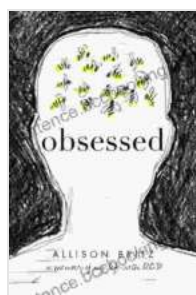


Obsessed: A Memoir of My Life with OCD

In her candid and moving memoir, journalist and author Susannah Cahalan tells the story of her battle with Obsessive Compulsive Disorder (OCD). From the onset of her symptoms in her early twenties to her eventual diagnosis and treatment, Cahalan provides a raw and unflinching account of the devastating impact that OCD can have on one's life.

Cahalan's OCD began with intrusive thoughts about harming herself and others. These thoughts were so intense that they made it difficult for her to function normally. She eventually sought help from a therapist, who diagnosed her with OCD and prescribed medication. However, it took years of therapy and medication before Cahalan was able to manage her symptoms and regain some semblance of her former life.



Obsessed: A Memoir of My Life with OCD by John Branch

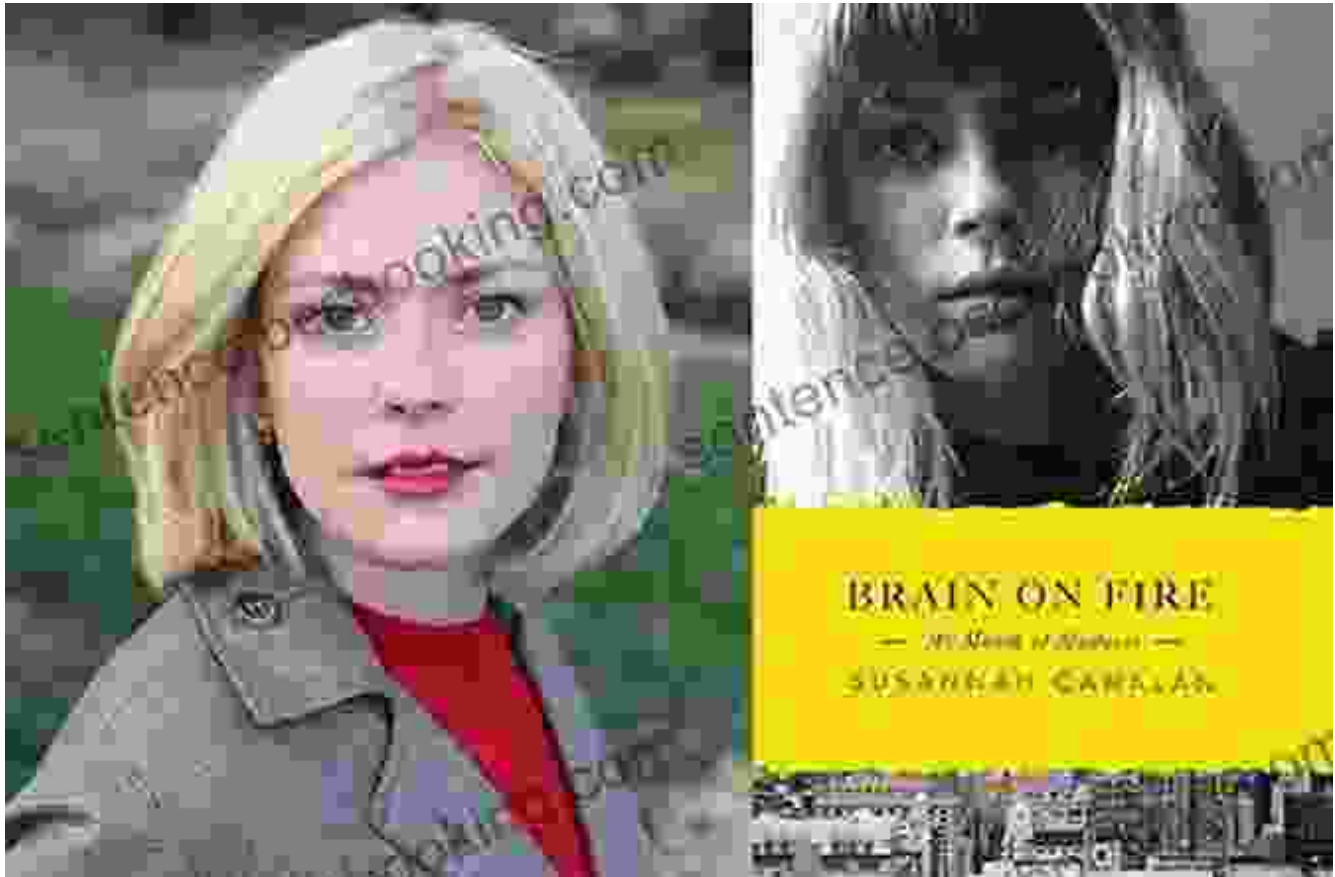
★★★★☆ 4.6 out of 5

Language : English
File size : 3802 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 370 pages



In *Obsessed*, Cahalan provides a detailed account of her OCD symptoms, including the intrusive thoughts, the compulsions, and the anxiety and depression that often accompany OCD. She also discusses the challenges

she faced in getting a diagnosis and finding effective treatment. Cahalan's story is both heartbreaking and inspiring. It is a reminder that even the most severe mental illnesses can be overcome with the right treatment and support.



Reviews

"Obsessed is a powerful and moving memoir about the devastating impact of OCD. Susannah Cahalan's writing is raw and honest, and her story is sure to resonate with anyone who has ever struggled with mental illness."

— ***The New York Times***

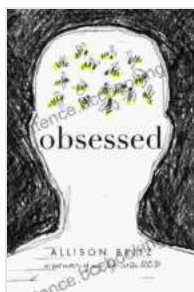
"Cahalan's memoir is a must-read for anyone who wants to understand the challenges of living with OCD. Her story is both heartbreaking and

inspiring, and it offers hope to those who are struggling with this debilitating disFree Download." — **The Washington Post**

"Obsessed is a powerful and important book. Cahalan's story is a reminder that even the most severe mental illnesses can be overcome with the right treatment and support." — **The Guardian**

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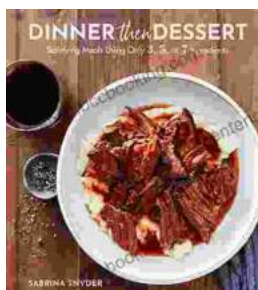
Obsessed: A Memoir of My Life with OCD is available now from all major bookstores. You can also Free Download your copy online from Our Book Library, Barnes & Noble, or IndieBound.



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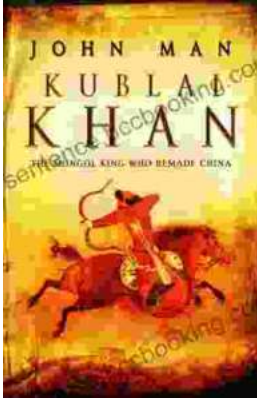
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