



Ocd and Me My Unconventional Journey Through Obsessive Compulsive Disorder

By Bess Cunningham

PlantaPress. Paperback. Condition: New. David Michael Lyndon Thomas (illustrator). 292 pages. Dimensions: 8.9in. x 6.0in. x 0.9in. Currently on the recommended reading list of the International OCD Foundation (IOCDF). Since childhood, Bess Cunningham has suffered with severe OCD, anxiety and depression. In desperation for relief, Bess spent ten years researching and experimenting. Today, through her efforts, she remains OCD free and is enjoying her life. With a synopsis by Jeffrey Schwartz MD., author of Brain Lock and You Are Not Your Brain, this book is for people with OCD, as well as their parents, teachers and families so they may gain understanding of this elusive disorder. Academics and health professionals with research interests in OCD, and related fields, may also find this book informative. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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