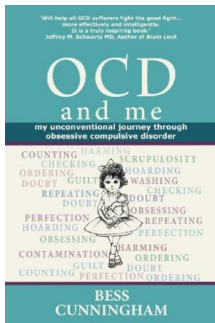


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## OCD AND ME MY UNCONVENTIONAL JOURNEY THROUGH OBSESSIVE COMPULSIVE DISORDER



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...

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