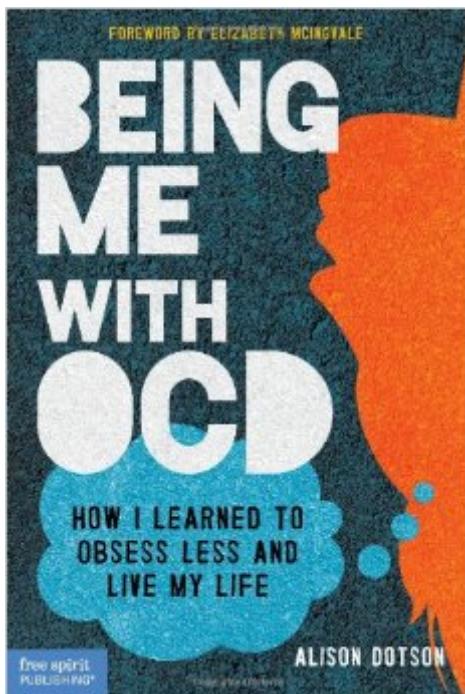


The book was found

# Being Me With OCD: How I Learned To Obsess Less And Live My Life



## **Synopsis**

Part memoir, part self-help for teens, *Being Me with OCD* tells the story of how obsessive-compulsive disorder (OCD) dragged the author to rock bottom and how she found hope, got help, and eventually climbed back to a fuller, happier life. Using anecdotes, self-reflection, guest essays, and thorough research, Dotson explains what OCD is and how readers with OCD can begin to get better. With humor, specific advice, and an inspiring, been-there-beat-that attitude, readers will find the book simultaneously touching and practical.

## **Book Information**

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Average Customer Review: 4.3 out of 5 stars (See all reviews) (12 customer reviews)

Best Sellers Rank: #194,727 in Books (See Top 100 in Books) #24 in Books > Teens > Personal Health > Depression & Mental Health #37 in Books > Teens > Social Issues > Being a Teen

## **Customer Reviews**

I was given this in exchange for an honest review from Netgalley.com. With devastating honesty, Alison Dotson's book tells of her own experiences with OCD and the very dark places her disorder took her to, as well as her struggle to understand and live fully and happily with her diagnosis. Equally a memoir relating her own difficulties and a self-help book offering others the wisdom of her own experience, *Being Me with OCD* is a fascinating and powerful book. In addition to Dotson's own experiences and stories, she includes guest essays and meticulous research. Although written for teens, I think this is a wonderful resource for anyone struggling with a diagnosis -- or a suspicion -- of OCD or anxiety/panic attacks, as well as for anyone with a friend or relative dealing with this issue. Dotson does a truly exceptional job of helping her readers understand the variety of ways this disorder impacts the lives of OCD individuals, and those who are close to them. She also demonstrates how empowering it is to understand one's diagnosis and come to terms with it. Her own journey to acceptance was long and painful, and she offers the wisdom and empathy of her experience to readers who may be battling the same difficulties. I think that this book is a

remarkable resource for anyone who is discovering themselves and the world they must live in. I highly recommend *Being Me With OCD!!*

Very easy read, this book is loaded with helpful information about OCD. Even though it is geared towards teens, if you are not a teen you will still find this book helpful. The author outlines her own story and struggle with OCD, while giving the reader information as to how they can seek medical treatment. The author is brave for being so candid about this misunderstood, sometimes taboo and unpublicized condition. Once you read this you will know that she doesn't want anyone to go through what she went through.

I have OCD and needed to read up on somebody else that had OCD before and their experiences. This is a very good book, well written and fantastic. If you have OCD or know somebody that has OCD, this would probably be a pretty good book to get and it's very well written. I got this book in paperback form.

This was a great introductory/overview book from the perspective of a person with OCD rather than a doctor or psychologist. Like the author, I have "purely obsessional" OCD that was only diagnosed after 2 decades of struggle. The other books on the market (to my knowledge) are all written by mental health professionals, not people who have experienced it. All the short case histories in the world can't replace a longer, more in-depth "chat" like this book provides. I am not a teen or young adult, but I still benefitted from the book, even though my symptoms have been almost in remission for about 6 months.

Touching, extremely honest, and helpful book for any young person that struggles with OCD or for someone (like myself) that has someone close to them that has it. It gives you a real-life story of someone who was at a very dark place before her diagnosis, but was able to thrive and now help others who may be feeling the same way. I recommend this book not only for people who have OCD themselves, but also those like myself that know someone with it to help them better understand the illness and struggles they go through. It gives you a deeper understanding of what OCD can really be like from a very honest and insightful woman. I imagine this book would be invaluable to a young person with OCD (or any mental illness for that matter).

As a therapist who specializes in OCD, I meet a lot of people who have concluded that something is

terribly wrong with them, and when I am able to diagnose them with OCD, simply having a name for the source of their suffering makes a huge difference. But it's only the beginning of the journey. Taking in this radical new conceptualization of yourself as facing a treatable challenge (instead of being unlovable) can be overwhelming. Dotson's compassionate and well-written story of navigating this journey makes for an excellent guide through otherwise confusing territory for the newly diagnosed. I look forward to recommending it to clients.

I thought that the book gave a good understanding OCD from a person who was actually suffering from OCD.

Super helpful. Good web resources.

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Being Me with OCD: How I Learned to Obsess Less and Live My Life Everything I Learned about Life, I Learned in Dance Class Life in Rewind: The Story of a Young Courageous Man Who Persevered Over OCD and the Harvard Doctor Who Broke All the Rules to Help Him Getting Over OCD: A 10-Step Workbook for Taking Back Your Life (Guilford Self-Help Workbook) OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids) Overcoming OCD: A Journey to Recovery Confessions of a Prairie Bitch: How I Survived Nellie Oleson and Learned to Love Being Hated Living with Less: Discover the Joy of Less and Simplify Your Life Growing a Farmer: How I Learned to Live Off the Land Adopting The Minimalist Mindset: How To Live With Less, Downsize, And Get More Fulfillment From Life A Better Life for Half the Price: How to prosper on less money in the cheapest places to live Tiny House, Peaceful Life: Live More with Less 30-Minute One-Pot Meals: Feed Your Family Incredible Food in Less Time and With Less Cleanup Easy Peasy Potty Training: The Busy Parents' Guide to Toilet Training with Less Stress and Less Mess The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More Life Just Got Real: A Live Original Novel (Live Original Fiction) The Minimalist Budget: A Practical Guide On How To Save Money, Spend Less And Live More With A Minimalist Lifestyle Never Work Again: Work Less, Earn More and Live Your Freedom Worry Less, Live More: The Mindful Way through Anxiety Workbook

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