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# OCD Sucks!: But Your Life Doesn't Have To



## Synopsis

OCD Sucks! is a book about the author's experience with OCD. It was written to provide a transparent look into what the symptoms of OCD look like, along with ways to really "get in the ring" with OCD and throw a few well-placed punches. The methods contained within are based on sound research and tweaked based on over 20 years experience with the disorder. It's not your standard self-help book or memoir, mainly because it has more than a few expletives. It also provides entertaining metaphors, analogies, and anecdotes. If you have OCD, then the intent of this book is to provide the following:

1. Very clear ways to deal with any type of OCD
2. An understanding of what OCD is and what it isn't
3. The knowledge that you are not alone
4. A transparent look into the life of someone with the disorder
5. Hope that you can take steps to minimize the impact has on your life significantly
6. A comical look into how OCD truly operates

If you don't have OCD, this book will:

1. Provide you with a greater understanding of what OCD truly is
2. Help you understand what people with the disorder go through on a daily basis
3. Provide a comical view of what OCD looks like

Sit back, relax, and get ready to read about living with OCD.

## Book Information

File Size: 192 KB

Print Length: 43 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 30, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B017FIWTMQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #77,449 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #16 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #24 inÂ Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Teen & Young Adult

## Customer Reviews

While this is definitely not a "medical" approach to attacking OCD (which the author declares up front that it's definitely not), the only negative I can give this book is that it's so short....and that's not even really a negative. The author spells out in plain English how to best attack OCD at it's heart, and it's very to the point, with lots of sarcastic humor and language throughout. I would recommend this as a good start if you are new to OCD or just beginning therapy for it - the language used might help you ease into the understanding of the condition itself.

If you're looking for a concise, no-holds-barred introduction to what it's like to live with and learn to manage OCD, this is the book for you. Jeremy Nickel breaks OCD and the various options for its treatment into brief, easy-to-read chunks, often sharing personal details of his own struggle with the disorder that range from the heartbreaking to the hilarious. I strongly recommend this book to those dealing with OCD, as well as the family, friends, and coworkers of those who have it. Note: As Nickel states in the book blurb, *OCD Sucks!* contains profanity. But it's really just a reflection of his frank and funny writing style as well as the frustration of dealing with OCD.

Great Read! Thanks Jeremy for sharing your experiences and solutions with OCD! Although I don't have OCD, this book enlightened me on the struggle everyday that OCD challenges its subjects. Your book gives hope that one can manage this entity with practice!

No medical terminology to decipher. Jeremy shares real life with OCD and gives recommendations and resources based on his success. He gives hope even if you're living with OCD.

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Be Forever CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) This Book Sucks: A Shitty Book with Shitty Words for Adults to Color Anxiety Sucks! A Teen Survival Guide (Volume 1) How to Save Your Marriage - When Your Spouse Doesn't Want To (Growing in Love for Life Series Book 7) Daring to Challenge OCD: Overcome Your Fear of Treatment and Take Control of Your Life Using Exposure and Response Prevention How to Have Your Dream Wedding for Under \$1,500: How to Have Your Dream Wedding Without Breaking the Bank! (Budget Wedding) When Your Ex Doesn't Follow the Rules: Keep Your Sanity and Raise Happy, Healthy Kids Electrical Engineering 101, Third Edition: Everything You Should Have Learned in School...but Probably Didn't The Writer Got Screwed (but didn't have to): Guide to the Legal and Business Practices of Writing for the Entertainment Industry 47 Secret Veterans' Benefits for Seniors - Benefits You Have Earned...but Don't Know About! An Incomplete Education: 3,684 Things You Should Have Learned but Probably Didn't I Could Tell You But Then You Would Have to Be Destroyed By Me: Emblems from the Pentagon's Black World

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