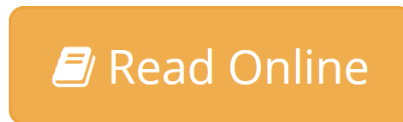


## Being Me with OCD: How I Learned to Obsess Less and Live My Life

By Alison Dotson



**Being Me with OCD: How I Learned to Obsess Less and Live My Life** By Alison Dotson

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.

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### Editorial Review

From School Library Journal

Gr 9 Up—Dotson shares her personal story of a lifetime struggling with Obsessive Compulsive Disorder (OCD) in this honest, often-humorous title. The author suffered with an obsession about religion and with a fear of harming others, as well as depression, for more than a decade before she was diagnosed. By sharing her story, she aims to reassure teens with OCD that they aren't alone and to encourage them to get help as soon as possible so that they can lead richer, fuller lives. The book not only includes Dotson's personal story but also covers practical information about OCD, steps to getting help, therapy and medication, and checklists of symptoms. Dotson employs an informal, conversational tone that will resonate with teens as she discusses OCD in general and her own personal experiences. Stories from other young adults diagnosed with OCD interspersed throughout break up the text and add alternate perspectives. This title provides clear, concise content and would be an excellent addition to most teen collections.—Joy Poynor, Rogers Public Library, AR

### Review

“This book offers young people a candid, compassionate view of an often misunderstood problem.”—*Foreword Reviews*

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“Dotson combines her experiences with personal stories from teenagers, information on treatment, and advice on handling common situations, like dating and school. She does an excellent job balancing the personal and practical . . . A valuable addition to any collection serving teens.”—*VOYA*

“A wise and compassionate model for teens and young adults who have been newly diagnosed with OCD or are considering seeking out a diagnosis . . . This would also be an ideal guide for friends and family members of those afflicted.”—*Booklist*

“Every OCD sufferer (and their loved ones) should read Alison Dotson's wonderful book, *Being Me with OCD*, without delay. Alison lays out the straight, unbiased facts about OCD and its treatment, along with the moving, hopeful story of her own recovery. Outstanding!”—Lee Baer, Ph.D., associate professor of

psychology at Harvard Medical School, director of research of the OCD unit at Massachusetts General Hospital, and author of *The Imp of the Mind*

“When you read Alison’s story, it’s as if she is sitting next to you speaking to you. Her keen insight, brutal honesty, and raw courage pull back the curtains on one of the most debilitating disorders. Thanks, Alison, for reaching out to help all who are affected by this disorder. You will help many, many people.”—Shannon Shy, International OCD Foundation Board of Directors and author of *It’ll Be Okay* and *Hope Is on Your Side*

#### About the Author

Alison Dotson is a writer, copyeditor, and proofreader who was diagnosed with OCD at age 26, after suffering from “taboo” obsessions for more than a decade. Today, she still has occasional bad thoughts, but she now knows how to deal with them in healthy ways. Alison is the president of OCD Twin Cities, an affiliate of the International OCD Foundation. She lives in Minneapolis, Minnesota, with her husband and dogs.

### Users Review

#### From reader reviews:

##### David Dugas:

Playing with family in a very park, coming to see the water world or hanging out with buddies is thing that usually you may have done when you have spare time, after that why you don't try factor that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Being Me with OCD: How I Learned to Obsess Less and Live My Life, you can enjoy both. It is good combination right, you still need to miss it? What kind of hang type is it? Oh come on its mind hangout men. What? Still don't get it, oh come on its known as reading friends.

##### Anthony Doucet:

This Being Me with OCD: How I Learned to Obsess Less and Live My Life is fresh way for you who has curiosity to look for some information because it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or perhaps you who still having bit of digest in reading this Being Me with OCD: How I Learned to Obsess Less and Live My Life can be the light food for yourself because the information inside this specific book is easy to get by simply anyone. These books develop itself in the form that is reachable by anyone, yep I mean in the e-book contact form. People who think that in book form make them feel tired even dizzy this book is the answer. So there is not any in reading a publication especially this one. You can find actually looking for. It should be here for a person. So , don't miss it! Just read this e-book kind for your better life in addition to knowledge.

##### Nancy Lowery:

On this era which is the greater man or who has ability in doing something more are more important than

other. Do you want to become among it? It is just simple strategy to have that. What you have to do is just spending your time not very much but quite enough to have a look at some books. One of many books in the top collection in your reading list is usually Being Me with OCD: How I Learned to Obsess Less and Live My Life. This book and that is qualified as The Hungry Hills can get you closer in getting precious person. By looking right up and review this publication you can get many advantages.

### **Ruth Jones:**

Do you like reading a reserve? Confuse to looking for your best book? Or your book was rare? Why so many concern for the book? But just about any people feel that they enjoy to get reading. Some people likes looking at, not only science book but in addition novel and Being Me with OCD: How I Learned to Obsess Less and Live My Life or maybe others sources were given expertise for you. After you know how the truly great a book, you feel want to read more and more. Science book was created for teacher or perhaps students especially. Those ebooks are helping them to increase their knowledge. In different case, beside science e-book, any other book likes Being Me with OCD: How I Learned to Obsess Less and Live My Life to make your spare time considerably more colorful. Many types of book like this.

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