



Ocd and Me: My Unconventional Journey Through Obsessive Compulsive Disorder

Bess Cunningham

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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. Currently on the recommended reading list of the IOCDF.



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George Chadwick:

Playing with family in a park, coming to see the ocean world or hanging out with pals is thing that usually you will have done when you have spare time, subsequently why you don't try issue that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Ocd and Me: My Unconventional Journey Through Obsessive Compulsive Disorder, you could enjoy both. It is very good combination right, you still desire to

miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't have it, oh come on its called reading friends.

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