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Living With Anxiety And An Obsessive Compulsive Partner (OCD, Mental Illness, Anxiety, Depression, ERP, Obsessive Compulsive Disorder)



Synopsis

Living with Anxiety and an Obsessive Compulsive Partner is a book that touches on what mental illnesses are out there, their symptoms and what can cause them. It then goes on to tell you about my story of anxiety and its effect on all aspects of my life, and also of my partner and his battle with OCD - intrusive thoughts. With his permission I retell his story and go into detail about this torturous illness and what it is.

Book Information

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Customer Reviews

I can't say that I am diagnosed with anxiety or other similar diseases, but I am perfectly familiar with these conditions and that is why I was interested in reading this book very carefully. Even though it's quite a short read, the book offers some really good advice for people who find themselves struggling every single day. The author shares her personal story, as well as the story of her partner, hoping they would reach as many people as possible and let them know they are not alone. There's also a link to a group on Facebook where readers can join and meet others who are facing the same battle. That's more than enough for me to give this book a big thumbs up!

I'd like to thank the author for gifting me a copy of this book for review. As someone who has family members with OCD, this book has been a tremendous help in understanding and dealing with the disorder. It shares a description of mental illness, its astonishing statistics, and the experience of the author who has personally endured mental illness and living with an OCD partner. I found it comforting to not only hear the about sufferer's story, but the story of the sufferer's companion whom experience their own unique battle. Thank you for sharing such a brave story.

I've been working with a college at my work that suffer OCD and he needs to see everything perfectly clean and tidy in all moment or he start to suffer and being with a lot of anxiety. It was good to read more about that mental disorder and know more about it, what things make them worst and how you can make it better.

OK got it free .

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PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Obsessions, Rituals and Wasted Time: Living with Obsessive Compulsive Disorder and Waiting for God to Come to the Rescue Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition Pulling the Trigger: OCD, Anxiety, Panic Attacks and Related Depression - the Definitive Survival and Recovery Approach Pulling the Trigger: OCD, Anxiety, Panic Attacks and Related Depression - The definitive survival and recovery approach (Pullingthetrigger®)

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