



# Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive-Compulsive Disorder

*Ian Osborn*

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While on vacation, Raymond incessantly checked the carpets of Disney World looking for poison he had seen spilled there--in his mind.... Sherry was terrified of her thoughts about stabbing her baby daughter.... Jeff couldn't silence a mental voice urging him to have sex with men and animals....

Howard Hughes had it. So did historical figures Martin Luther and Ignatius of Loyola. They all suffered from obsessive-compulsive disorder (OCD)--as do over five million Americans who need to know that there is now hope and help. Ian Osborn, M.D., a specialist in OCD and a sufferer himself, has written the first comprehensive book on the experience, diagnosis, and treatment of OCD. He reveals recent discoveries about the disease as a biological disorder--a physical, not a psychological abnormality--and the exciting new therapies that have dramatically changed the future for OCD sufferers.

His wise, compassionate book includes:

Pencil-and-paper tests for self-diagnosis

Six steps to conquering OCD

Medication that works

Early signs that show OCD in children

Guidelines for family members

A comprehensive listing of where to find organizations and support groups--and more

## **Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive-Compulsive Disorder Details**

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# **From Reader Review Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive-Compulsive Disorder for online ebook**

## **Teatum says**

I usually don't read books like this, but this was a great supplement to an article I read recently. Easy reading, great writing style, helped me understand OCD a lot more.

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## **Jay says**

Incredible book that highlights the main symptoms of OCD. I was impressed that the author included a section about religiosity and its affect on symptoms. One of the best, most comprehensive books on the topic of OCD I have read.

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## **Katy says**

I borrowed this from the library. Ran out of time to finish reading it. I enjoyed what I had read. Hope to finish it in the future.

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## **Beth says**

I've read this at least twice and keep it in my library. It really educates the reader that obsessive compulsive disorder is so much more complicated than The Boy who Washes his hands ...

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## **Judy says**

This is a fantastic book. I was happy to find a book that described the 5 different types of obsessive behavior. It's not just handwashing and being orderly - neither of which I obsess about. It was comforting to know that others have the same kinds of thoughts that I do.

I will read this again and again. OCD is a term that is so lightly tossed around. It is comforting to read such a detailed book about what OCD REALLY is.

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## **Vrinda Pendred says**

Really good detailed explanation / examination of OCD, complete with a list of all the types of

symptoms...which is fantastic in letting people know it's more than just hand-washing and counting.

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### **Teresa says**

As far as outlining the different types of OCD and the variety of treatments, this book was alright. It was interesting to learn that it is more of a physical disease than purely mental. If you're looking for something to make OCD easier to understand, than this is a good book for you. I gave it two stars because the author was too eager to make excuses for religion and suggested that leaning on it to deal with OCD was just as good as other therapies, and I simply don't agree.

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### **Anthony says**

Indispensable reading for anyone who suffers from or lives with someone suffering from OCD. I agree with other reviewers who said that this was a very accessible, compassionate book. Dr. Osborn writes from the viewpoint of both sufferer and helper. Truly compassionate. Awesome book.

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### **Bethany says**

ah ocd, how i love thee.

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