



# Overcoming OCD: A Journey to Recovery

*Janet Singer, Seth Gillihan*

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## **Overcoming OCD: A Journey to Recovery** Janet Singer, Seth Gillihan

Daniel Singer hadn't eaten in a week. Hunched over with his head in his hands, he'd sit in his "safe" chair for hours, doing nothing but shaking, mumbling and moaning; he was in the throes of severe obsessive-compulsive disorder. Dan went from seven therapists to ten medications to a nine week stay at a world renowned residential treatment program. His parents worried he'd never again be able to function in society, or even worse, survive.

*Overcoming OCD: A Journey to Recovery* is a mother's account of the courage and perseverance of a young man who at times was hindered by the very people who were supposed to be helping him. It is a story of hope and the power of family, as well as a useful guide for all those whose lives have been touched by this often misunderstood and misrepresented disorder. Weaving expert commentary and useful information about OCD and its treatment throughout, the authors are able to offer not just a personal account of how the disorder can affect sufferers and families, but also a glimpse into the possibilities for diagnosis, clinical approaches, and successful outcomes. Today, thanks to Exposure and Response Prevention (ERP) therapy, one of the available treatments for OCD, Dan is a college graduate working in his chosen field and living life to the fullest. He is living proof that even those with the most severe cases of OCD can not only recover, but triumph.

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