

1. Record Nr.	UNINA9910450571503321
Autore	Wells Joe
Titolo	Touch and go Joe [[electronic resource] ] : an adolescent's experience of OCD // Joe Wells
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley Publishers, 2006
ISBN	1-280-56636-1 9786610566464 1-84642-489-5
Descrizione fisica	1 online resource (128 p.)
Disciplina	616.85/227
Soggetti	Compulsive behavior Obsessive-compulsive disorder Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Touch and Go Joe:An Adolescent's Experience of OCD; Contents; Foreword by Isobel Heyman; Acknowledgements; What's This Book About?; Chapter 1. Worrying; Chapter 2. Poisoning of the Mind; Chapter 3.Only Human; Chapter 4.Guilty Mind; Chapter 5.Am I Going Mad?; Chapter 6.Learning to Count; Chapter 7.Keeping My Secret; Chapter 8. Learning to Walk the Walk; Chapter 9.OCD Abroad; Chapter 10.Getting Help; Chapter 11.Convincing Myself of OCD's Irrationality; Chapter 12. Challenging; Chapter 13.Depression and OCD; Chapter 14. Citalopram; Chapter 15.The Awful Truth; Chapter 16.Getting On with It Epilogue.The 30-20 Diary Appendix 1.Definition of OCD and CBT; Appendix 2. OCD Tips and Advice; Further Information; Index
Sommario/riassunto	As many as 2 in every 100 people suffer from Obsessive-Compulsive Disorder (OCD), and 16-year-old Joe Wells is one of them. Here, he tells the story of his battle with OCD from its insidious beginnings at age 9 and increasingly intrusive symptoms, to diagnosis at age 12. This book is packed with advice and coping strategies.