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Autore	Kant Jared Douglas
Titolo	The thought that counts [[electronic resource] ] : a firsthand account of one teenager's experience with obsessive-compulsive disorder / / Jared Douglas Kant ; with Martin Franklin and Linda Wasmer Andrews
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2008
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Collana	The Annenberg Foundation Trust at Sunnylands' adolescent mental health initiative
Altri autori (Persone)	FranklinMartin <1963-> AndrewsLinda Wasmer
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Note generali	"The Annenberg Public Policy Center of the University of Pennsylvania."
Nota di bibliografia	Includes bibliographical references (p. 157-159) and index.
Nota di contenuto	Contents; Foreword; Preface; One: On Second (and Third and Fourth) Thought: Obsessions and Compulsions; Two: Slippery Slope to the Hospital: Diagnosis and Hospitalization; Three: Adventures in Daily Living: OCD at Home and School; Four: Reaching for a Lifeline: Psychotherapy and Medication; Five: Rituals, Routines, and Recovery: Living With OCD; Six: Where I Was Is Not Where I Am; Frequently Asked Questions; Glossary; Resources; Bibliography; Index
Sommario/riassunto	For the more than 2 million Americans with obsessive-compulsive disorder, the intrusive thoughts and uncontrollable behaviors can take a harsh toll, as author Jared Douglas Kant knows all too well. Diagnosed with OCD at age 11, Jared became ruled by dread of deadly germs and diseases, the unrelenting need to count and check things, and a persistent, nagging doubt that overshadowed his life. In The Thought that Counts, Jared shares his deeply personal account of trial, tribulation, and ultimately triumph. Using anecdotes, narratives and

sidebars, this book adds a human face to a complex disorder

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