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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.