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Titolo	The thought that counts : a firsthand account of one teenager's experience with obsessive-compulsive disorder / / Jared Douglas Kant ; with Martin Franklin and Linda Wasmer Andrews
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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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Soggetti	Obsessive-compulsive disorder in adolescence - Patients - United States
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
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	In this book, Jared Kant discusses his own experiences with OCD, and the disruption & distress that it brought to his life as an adolescent. Combining this personal story with a candid & easy-to-understand description of the science behind OCD, Kant also provides the facts that young people diagnosed with OCD need.