



Being Me with OCD: How I Learned to Obsess Less and Live My Life

By Alison Dotson



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Part memoir, part self-help for teens, *Being Me with OCD* tells the story of how obsessive-compulsive disorder (OCD) dragged the author to rock bottom—and how she found hope, got help, and eventually climbed back to a fuller, happier life. Using anecdotes, self-reflection, guest essays, and thorough research, Dotson explains what OCD is and how readers with OCD can begin to get better. With humor, specific advice, and an inspiring, been-there-beat-that attitude, readers will find the book simultaneously touching and practical.



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Editorial Review

From School Library Journal

Gr 9 Up—Dotson shares her personal story of a lifetime struggling with Obsessive Compulsive Disorder (OCD) in this honest, often-humorous title. The author suffered with an obsession about religion and with a fear of harming others, as well as depression, for more than a decade before she was diagnosed. By sharing her story, she aims to reassure teens with OCD that they aren't alone and to encourage them to get help as soon as possible so that they can lead richer, fuller lives. The book not only includes Dotson's personal story but also covers practical information about OCD, steps to getting help, therapy and medication, and checklists of symptoms. Dotson employs an informal, conversational tone that will resonate with teens as she discusses OCD in general and her own personal experiences. Stories from other young adults diagnosed with OCD interspersed throughout break up the text and add alternate perspectives. This title provides clear, concise content and would be an excellent addition to most teen collections.—Joy Poynor, Rogers Public Library, AR

Review

“This book offers young people a candid, compassionate view of an often misunderstood problem.”—*Foreword Reviews*

Gr 9 Up—Dotson shares her personal story of a lifetime struggling with Obsessive Compulsive Disorder (OCD) in this honest, often-humorous title. The author suffered with an obsession about religion and with a fear of harming others, as well as depression, for more than a decade before she was diagnosed. By sharing her story, she aims to reassure teens with OCD that they aren't alone and to encourage them to get help as soon as possible so that they can lead richer, fuller lives. The book not only includes Dotson's personal story but also covers practical information about OCD, steps to getting help, therapy and medication, and checklists of symptoms. Dotson employs an informal, conversational tone that will resonate with teens as she discusses OCD in general and her own personal experiences. Stories from other young adults diagnosed with OCD interspersed throughout break up the text and add alternate perspectives. This title provides clear, concise content and would be an excellent addition to most teen collections.—*School Library Journal*

“Dotson combines her experiences with personal stories from teenagers, information on treatment, and advice on handling common situations, like dating and school. She does an excellent job balancing the personal and practical . . . A valuable addition to any collection serving teens.”—*VOYA*

“A wise and compassionate model for teens and young adults who have been newly diagnosed with OCD or are considering seeking out a diagnosis . . . This would also be an ideal guide for friends and family members of those afflicted.”—*Booklist*

“Every OCD sufferer (and their loved ones) should read Alison Dotson's wonderful book, *Being Me with OCD*, without delay. Alison lays out the straight, unbiased facts about OCD and its treatment, along with the moving, hopeful story of her own recovery. Outstanding!”—Lee Baer, Ph.D., associate professor of

psychology at Harvard Medical School, director of research of the OCD unit at Massachusetts General Hospital, and author of *The Imp of the Mind*

“When you read Alison’s story, it’s as if she is sitting next to you speaking to you. Her keen insight, brutal honesty, and raw courage pull back the curtains on one of the most debilitating disorders. Thanks, Alison, for reaching out to help all who are affected by this disorder. You will help many, many people.”—Shannon Shy, International OCD Foundation Board of Directors and author of *It’ll Be Okay* and *Hope Is on Your Side*

About the Author

Alison Dotson is a writer, copyeditor, and proofreader who was diagnosed with OCD at age 26, after suffering from “taboo” obsessions for more than a decade. Today, she still has occasional bad thoughts, but she now knows how to deal with them in healthy ways. Alison is the president of OCD Twin Cities, an affiliate of the International OCD Foundation. She lives in Minneapolis, Minnesota, with her husband and dogs.

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Being Me with OCD: How I Learned to Obsess Less and Live My Life can be one of your starter books that are good idea. We all recommend that straight away because this guide has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to put every word into joy arrangement in writing Being Me with OCD: How I Learned to Obsess Less and Live My Life however doesn't forget the main level, giving the reader the hottest and also based confirm resource information that maybe you can be certainly one of it. This great information can easily drawn you into brand new stage of crucial pondering.

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