

The book was found

# Living With Anxiety And An Obsessive Compulsive Partner (OCD, Mental Illness, Anxiety, Depression, ERP, Obsessive Compulsive Disorder)



## Synopsis

Living with Anxiety and an Obsessive Compulsive Partner is a book that touches on what mental illnesses are out there, their symptoms and what can cause them. It then goes on to tell you about my story of anxiety and its effect on all aspects of my life, and also of my partner and his battle with OCD - intrusive thoughts. With his permission I retell his story and go into detail about this torturous illness and what it is.

## Book Information

File Size: 820 KB

Print Length: 25 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 25, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01C8QAF7G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,138,318 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #111

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #194 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #1370 inÂ Books > Self-Help > Anxieties & Phobias

## Customer Reviews

I can't say that I am diagnosed with anxiety or other similar diseases, but I am perfectly familiar with these conditions and that is why I was interested in reading this book very carefully. Even though it's quite a short read, the book offers some really good advice for people who find themselves struggling every single day. The author shares her personal story, as well as the story of her partner, hoping they would reach as many people as possible and let them know they are not alone. There's also a link to a group on Facebook where readers can join and meet others who are facing the same battle. That's more than enough for me to give this book a big thumbs up!

I'd like to thank the author for gifting me a copy of this book for review. As someone who has family members with OCD, this book has been a tremendous help in understanding and dealing with the disorder. It shares a description of mental illness, its astonishing statistics, and the experience of the author who has personally endured mental illness and living with an OCD partner. I found it comforting to not only hear the about sufferer's story, but the story of the sufferer's companion whom experience their own unique battle. Thank you for sharing such a brave story.

I've been working with a college at my work that suffer OCD and he needs to see everything perfectly clean and tidy in all moment or he start to suffer and being with alot of anxiety. It was good to read more about that mental disorder and know more about it, what things make them worst and how you can make it better.

OK got it free .

[Download to continue reading...](#)

Living with Anxiety and an Obsessive Compulsive Partner (OCD, Mental Illness, Anixety, Depression, ERP, Obsessive Compulsive Disorder) Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) OCD: Take CONTROL of Obsessive-Compulsive Behavior for good!: A guide to how to free yourself from Obsessive Compulsive Disorder (OCD). (OCD, Obsessive ... Brain Lock, Delivered from Distraction) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Obsessive Compulsive Anonymous: Recovering From Obsessive Compulsive Disorder Personality Disorders:The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder Mental Illness:

PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Obsessions, Rituals and Wasted Time: Living with Obsessive Compulsive Disorder and Waiting for God to Come to the Rescue Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition Pulling the Trigger: OCD, Anxiety, Panic Attacks and Related Depression - the Definitive Survival and Recovery Approach Pulling the Trigger: OCD, Anxiety, Panic Attacks and Related Depression - The definitive survival and recovery approach (Pullingthetrigger®)

[Dmca](#)