



Obsessive-Compulsive Disorder: The Ultimate Teen Guide (It Happened to Me)

Natalie Rompella

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Obsessive-Compulsive Disorder strikes one in fifty adults. However, the disorder often remains untreated in young adults, despite advances in diagnostics. Though so many people suffer from OCD, very few seek professional help. *Obsessive-Compulsive Disorder: The Ultimate Teen Guide* helps teens understand OCD in greater detail. The guide explains different forms of OCD (checking, cleaning, scrupulosity) and related disorders (such as Obsessive-Compulsive Personality Disorder, Tourette's Syndrome, and Asperger's Disorder).

Author Natalie Rompella voices many common concerns teens have when confronted with OCD, including how to deal with school, work, and friends. The book also discusses uncomfortable topics, such as obsessions with sexuality and other unwanted thoughts. The book features insights from teens who suffer from OCD, letting others know they are not alone. The book also encourages teens to seek help through treatment and provides details of different treatment options.

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