

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) 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®) Obsessions, Rituals and Wasted Time: Living with Obsessive Compulsive Disorder and Waiting for God to Come to the Rescue Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships) Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126) Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress.Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life) Trypophobia: Real, Terriffyng and you defenetely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) Emotional Abuse Breakthrough: How to Speak Up, Set Boundaries, and Break the Cycle of Manipulation and Control with Your Abusive Partner The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy CuraciÃ n emocional / The Instinct to Heal: Curing

Depression, Anxiety and Stress Without Drugs and Without Talk Therapy (Spanish Edition) Natural  
Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your  
Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins)  
Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and  
Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques)  
Disarming the Narcissist: How to Stay Married to a Narcissistic Partner and Live a (Reasonably)  
Happy Life My Partner, My Enemy: An Unflinching View of Domestic Violence and New Ways to  
Protect Victims Brain Lock, Twentieth Anniversary Edition: Free Yourself from  
Obsessive-Compulsive Behavior Beyond Schizophrenia: Living and Working with a Serious Mental  
Illness Why Do I Still Hurt?: Rapid Relief for Chronic Pain, Depression, Anxiety, and More !  
Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety,  
Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological  
Conditions

[Dmca](#)