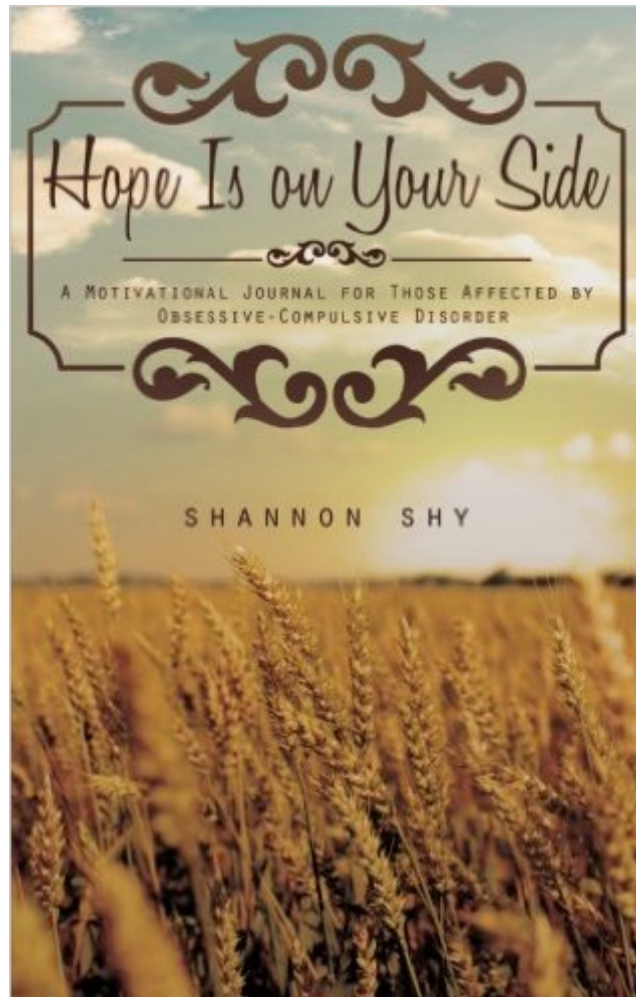


The book was found

# Hope Is On Your Side: A Motivational Journal For Those Affected By Obsessive-compulsive Disorder



## Synopsis

Push through the doubt. Push through the anxiety. "Ground Rules and Checkpoints" to completely overcome OCD. Shannon described his victory over OCD in a personal memoir in 2009 and has continued his worldwide outreach ever since. *Hope Is on Your Side* is a yearlong motivational journal designed to help those affected by OCD (sufferers, family members, friends, and mental health professionals) and other adversities so they can understand they are not alone in their struggle and that there is hope. The daily inspirations, motivations, and insights provide a sense of comfort, confidence, understanding, and resolve. *Hope is on Your Side* has one other unique, life-changing aspect to it, every seventh day, Shannon challenges us to set a weekly goal and to plan two meaningful steps to accomplish the goal. Shannon Shy is an attorney, a retired Marine Corps Lieutenant Colonel, an author, and a motivational speaker. A member of the Board of Directors for the International OCD Foundation and an OCD advocate with the Adversity to Advocacy (A2A) Alliance, Shy writes and speaks about his personal experiences in overcoming OCD. In addition to *Hope is on Your Side*, Shy has authored "It'll be Okay": How I Kept Obsessive-Compulsive Disorder (OCD) from Ruining My Life (Authorhouse 2009) and "Dad, I Love You All the Way to God and Back": Observations from a Five-Year Old and Five Pledges for Dads (Authorhouse 2011). Born and raised in the St. Louis metro area, Shannon graduated from Missouri State University and the University of Missouri-Columbia (Mizzou) School of Law. He and his wife, Debbie, have three children, Alex (21), Andrew (17), and Samantha (8) and live in northern Virginia.

## Book Information

Paperback: 436 pages

Publisher: Tate Pub & Enterprises Llc (August 12, 2014)

Language: English

ISBN-10: 1632684780

ISBN-13: 978-1632684783

Product Dimensions: 5.2 x 1 x 8.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #1,045,006 in Books (See Top 100 in Books) #127 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder \(OCD\)](#) #76240 in [Books > Self-Help](#)

## Customer Reviews

Excellent for ocd help

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

Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Hope Is on Your Side: A Motivational Journal for Those Affected by Obsessive-compulsive Disorder 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) Obsessive Compulsive Anonymous: Recovering From Obsessive Compulsive Disorder Living with Anxiety and an Obsessive Compulsive Partner (OCD, Mental Illness, Anxiety, Depression, ERP, Obsessive Compulsive Disorder) 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 When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by 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) The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition Obsessions, Rituals and Wasted Time: Living with Obsessive Compulsive Disorder and Waiting for God to Come to the Rescue Everything in Its Place: My Trials and Triumphs with Obsessive Compulsive Disorder Overcoming Obsessive-Compulsive Disorder - Client Manual (Best Practices for Therapy) Triggered: A Memoir of Obsessive-Compulsive Disorder Motivational Interviewing: Helping People Change, 3rd Edition (Applications of Motivational Interviewing) Motivational Interviewing, Third Edition: Helping People Change (Applications of Motivational Interviewing) Motivational Interviewing in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing (Paperback)) Motivational Interviewing in Diabetes Care (Applications of Motivational Interviewing (Paperback)) Motivational Interviewing in Nutrition and Fitness (Applications of Motivational Interviewing (Hardcover)) Motivational Interviewing in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing) by Rollnick, Stephen, Miller, William R., Butler, Christopher C 1st (first) Edition (2008)

[Dmca](#)