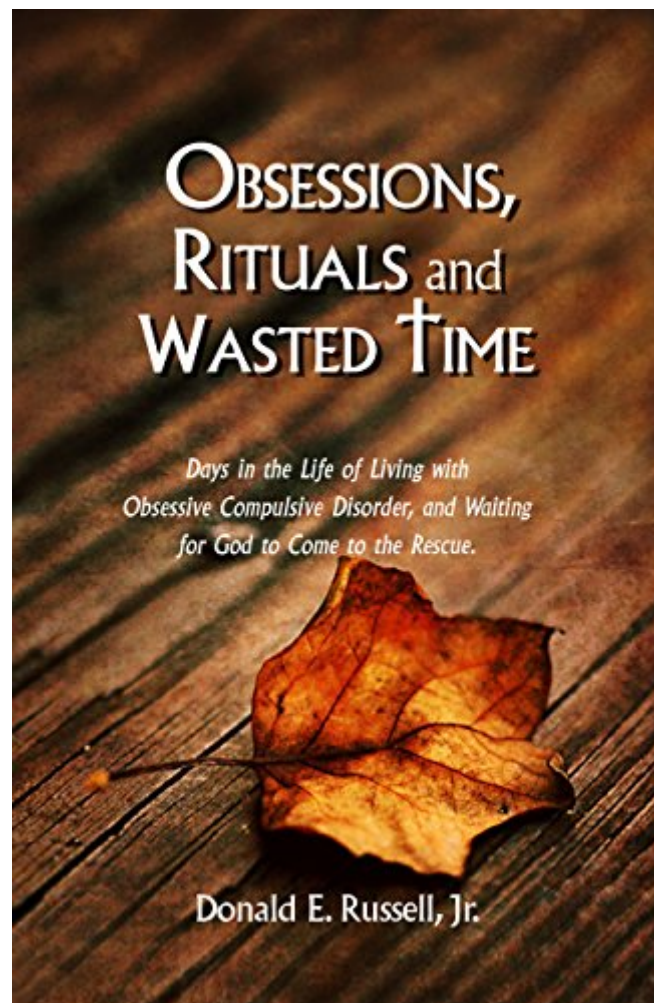


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# Obsessions, Rituals And Wasted Time: Living With Obsessive Compulsive Disorder And Waiting For God To Come To The Rescue



## Synopsis

Obsessions, Rituals and Wasted Time Having to save the world and its inhabitants from destruction, my body succumbed to perform tasks against the will of my conscious; it was as if someone else had taken up residence inside my head. With no visible signs of pain, no one noticed I suffered the affliction of Obsessive Compulsive Disorder (OCD). I prayed relentlessly for God's help. He failed to answer, and 80% of my waking hours were spent needlessly performing rituals to prevent fabricated consequences such as the end of the world or my mother's untimely death. The human mind is the most powerful tool on earth contributing to wonderful worldly achievements. The human mind is also very dangerous, and can arouse negative thoughts turning into negative actions. It can control our very existence and make one's life a miserable experience. In society's effort to control the mind, we have looked to couch-time therapy, psychotherapy, shock treatments, research and pharmaceuticals. I looked to God and my own brain to control my thoughts. Asking my brain for help was like asking the enemy to show compassion. God was my only hope. "Obsessions, Rituals and Wasted Time" exposes my obsessions, compulsions and the double anxiety of having to prevent disastrous consequences and of having to complete rituals I know, in my heart, serve no purpose. Since suffering from a mental disorder is something one may consider shameful, I kept mine a secret and only shared my thoughts of being crazy with God. He could keep a secret, and it was He, after all, who created my mind in the first place. This is a timely book exposing OCD as a serious disorder and not just an acronym for someone with clean and orderly habits. It is also timely because so many people are being rightly or wrongly diagnosed with Attention Deficit Disorder (ADD), Attention Deficit Hyperactive Disorder (ADHD) and Hyperactive Disorder (HD). These disorders are also becoming commonplace acronyms with no real concern for what they really are " mental illnesses. "Obsessions, Rituals and Wasted Time" presents examples of how OCD overcomes all logic and blurs the separation between the existing and the imagined, and how I fought these obsessions endlessly, but never overcame their wrath until God finally did come to me in the form of a lie. The stories within are laced with humor, sadness, anxiety and religious faith. There is a happy ending with me finally opening my eyes to God's gifts that were there all along. It is not a fairy tale with a happy ending; it is a horror story with a happy ending.

## Book Information

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