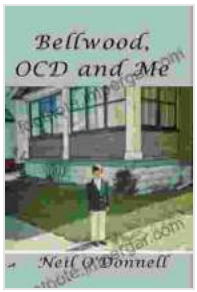
Bellwood OCD and Me: A Journey of Hope and Recovery



Bellwood, OCD and Me by Dale Maharidge

★★★★★ 5 out of 5

Language	: English
File size	: 2333 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 94 pages
Lending	: Enabled

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In Bellwood OCD and Me, Dale Maharidge shares his personal journey with OCD, offering hope and recovery for those who struggle with this debilitating condition.

Maharidge was first diagnosed with OCD in his early 20s. At the time, he didn't know what was wrong with him. He just knew that he had to constantly check things, wash his hands, and repeat certain words and phrases.

OCD is a mental health disFree Download that affects millions of people worldwide. It is characterized by intrusive thoughts and repetitive behaviors that can interfere with daily life.

For Maharidge, OCD made it difficult to hold a job, maintain relationships, and enjoy life. He felt trapped and alone.

But then Maharidge found Bellwood, a residential treatment center for OCD and anxiety disFree Downloads. At Bellwood, Maharidge learned about OCD and how to manage his symptoms.

With the help of therapy, medication, and support from other people with OCD, Maharidge was able to overcome his symptoms and reclaim his life.

In Bellwood OCD and Me, Maharidge shares his story of hope and recovery. He offers practical advice for managing OCD symptoms and living a full and meaningful life.

Bellwood OCD and Me is an essential resource for anyone who struggles with OCD. It is a book of hope, recovery, and inspiration.

About the Author

Dale Maharidge is a Pulitzer Prize-winning journalist and author. He has written extensively about mental health, addiction, and poverty.

Maharidge's other books include And Their Children After Them, which won the Pulitzer Prize for Nonfiction in 1990, and The Last Dance, which was a finalist for the National Book Award.

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Free Download your copy today and start your journey to recovery.

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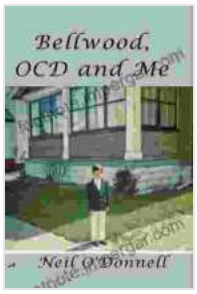

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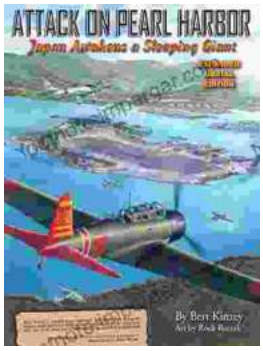

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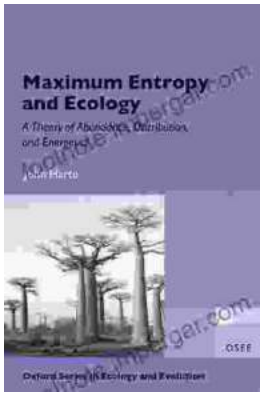

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