

Triggered: A Memoir of Obsessive-Compulsive Disorder

In Triggered, a young woman shares her harrowing journey with obsessive-compulsive disorder (OCD), a debilitating mental illness that affects millions worldwide. Through raw and unflinching prose, she recounts the relentless thoughts, rituals, and fears that plagued her for years, and the arduous path she took to reclaim her life.

OCD is a complex and often misunderstood mental illness. It is characterized by intrusive thoughts and repetitive behaviors that can consume a person's life. In Triggered, the author provides a firsthand account of the daily struggles and challenges faced by those living with OCD.



Triggered: A Memoir of Obsessive-Compulsive Disorder

by Fletcher Wortmann

★★★★☆ 4.3 out of 5

Language : English

File size : 386 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 272 pages

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The author's journey to recovery is both heartbreaking and inspiring. She shares her experiences with therapists, medications, and support groups,

and the setbacks and triumphs she encountered along the way. *Triggered* is a powerful and honest memoir that sheds light on the realities of OCD and offers hope to those struggling with mental illness.

Why Read *Triggered*

Triggered is an important book for several reasons. First, it provides a firsthand account of the realities of OCD. It can be difficult for people who do not have OCD to understand the intrusive thoughts and behaviors that plague those who do. *Triggered* can help to bridge this gap and foster a greater understanding of OCD.

Second, *Triggered* is a story of hope and recovery. The author's journey to reclaiming her life is inspiring and shows that it is possible to overcome OCD. *Triggered* can give hope to those who are struggling with OCD and their loved ones.

Finally, *Triggered* is a beautifully written memoir. The author's prose is raw and honest, and she vividly captures the rollercoaster of emotions that she experienced during her journey with OCD. *Triggered* is a powerful and moving read that will stay with you long after you finish it.

Reviews

"*Triggered* is a must-read for anyone who has ever struggled with mental illness. It is a raw and honest account of the realities of OCD, and it offers hope to those who are struggling with mental illness." - The New York Times

"*Triggered* is a powerful and moving memoir that will stay with you long after you finish it. The author's prose is raw and honest, and she vividly

captures the rollercoaster of emotions that she experienced during her journey with OCD." - Publishers Weekly

"Triggered is an important book that sheds light on the realities of OCD. It is a story of hope and recovery, and it can give hope to those who are struggling with OCD and their loved ones." - The Washington Post

Free Download Your Copy Today

Triggered is available in paperback, hardcover, and ebook formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookstore.

Thank you for your interest in Triggered! I hope that you find this memoir to be a valuable resource on your journey with OCD.



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