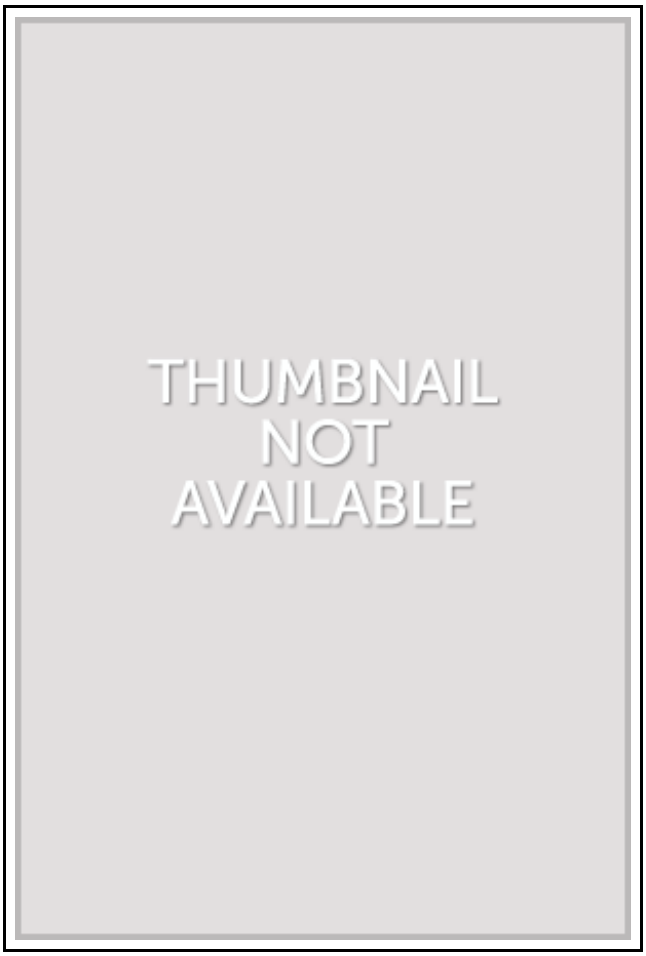
The Man Who Couldn't Stop: The Truth About OCD (Main Market Ed.)



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(Judge Mills)

THE MAN WHO COULDN'T STOP: THE TRUTH ABOUT OCD (MAIN MARKET ED.)

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Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, The Man Who Couldn't Stop: The Truth About OCD (Main Market Ed.), David Adam, A Sunday Times Bestseller Have you ever had a strange urge to jump from a tall building, or steer your car into oncoming traffic? You are not alone. In this captivating fusion of science, history and personal memoir, writer David Adam explores the weird thoughts that exist within every mind, and how they drive millions of us towards obsessions and compulsions. David has suffered from OCD for twenty years, and The Man Who Couldn't Stop is his unflinchingly honest attempt to understand the condition and his experiences. What might lead an Ethiopian schoolgirl to eat a wall of her house, piece by piece; or a pair of brothers to die beneath an avalanche of household junk that they had compulsively hoarded? At what point does a harmless idea, a snowflake in a clear summer sky, become a blinding blizzard of unwanted thoughts? Drawing on the latest research on the brain, as well as historical accounts of patients and their treatments, this is a book that will challenge the way you think about what is normal, and what is mental illness. Told with fierce clarity, humour and urgent lyricism, this extraordinary book is both the haunting story of a personal nightmare, and a fascinating doorway into the darkest corners of our minds.

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