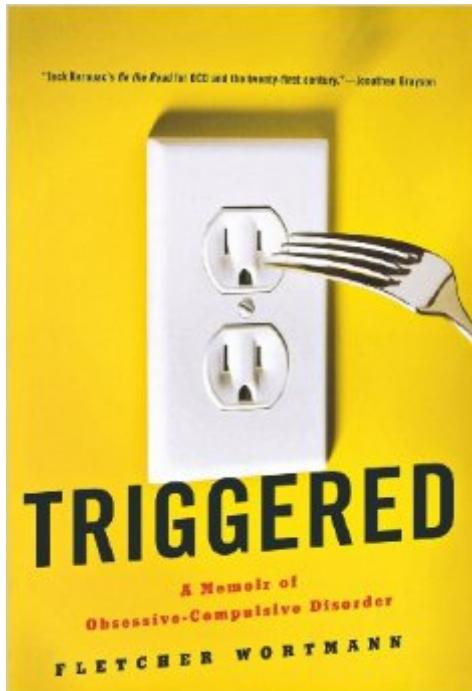


The book was found

Triggered: A Memoir Of Obsessive-Compulsive Disorder



Synopsis

AS FEATURED ON NPR'S TALK OF THE NATIONImagine the worst thing in the world. Picture it. Construct it, carefully and deliberately in your mind. Be careful not to omit anything. Imagine it happening to you, to the people you love. Imagine the worst thing in the world. Now try not to think about it. This is what it is like for Fletcher Wortmann. In his brilliant memoir, the author takes us on an intimate journey across the psychological landscape of OCD, known as the "doubting disorder," as populated by God, girls, and apocalyptic nightmares. Wortmann unflinchingly reveals the elaborate series of psychological rituals he constructs as "preventative measures" to ward off the end times, as well as his learning to cope with intrusive thoughts through Clockwork Orange-like "trigger" therapy. But even more than this, the author emerges as a preternatural talent as he unfolds a kaleidoscope of culture high and low ranging from his obsessions with David Bowie, X-Men, and Pokemon, to an eclectic education shaped by Shakespeare, Kierkegaard, Catholic mysticism, Christian comic books, and the collegiate dating scene at the "People's Republic of Swarthmore." Triggered is a pitch-perfect memoir; a touching, triumphantly funny, compulsively readable, and ultimately uplifting coming-of-age tale for Generation Anxiety. Fletcher Wortmann on OCD and sex: "If a girl accepts an invitation to help count the tiles on your bedroom ceiling, then she will probably be disappointed when she realizes you were speaking literally." â |on OCD and religion: "I have found Catholicism and obsessive compulsive disorder to be deeply sympathetic to one another. One is a repressive construct founded in existential terror, barely restrained by complex, arbitrary ritual behaviors; the other is an anxiety disorder." â |on OCD humor: "By the sink, I noticed a perfunctory sign warning readers to wash their hands. It was scrawled with graffiti: NO YOU CAN'T GERMS ARE UNPREVENTABLE AND INESCAPABLE." â |on the seductiveness of OCD: "Every so often, everything will work, and you will somehow convince yourself that you are safe, and the disorder will claim credit. I had struck a bargain with the OCD. The transaction was complete. In that moment I became subservient to it."

Book Information

Hardcover: 272 pages

Publisher: Thomas Dunne Books (March 27, 2012)

Language: English

ISBN-10: 0312622104

ISBN-13: 978-0312622107

Product Dimensions: 5.5 x 0.8 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (29 customer reviews)

Best Sellers Rank: #384,064 in Books (See Top 100 in Books) #120 inÂ Books > Humor & Entertainment > Humor > Doctors & Medicine #381 inÂ Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #401 inÂ Books > Biographies & Memoirs > Specific Groups > Special Needs

Customer Reviews

I am absolutely delighted to recommend Fletcher Wortmann's book, Triggered: A Memoir of Obsessive Compulsive Disorder. I read the book in two evenings. In the book Mr. Wortmann takes us from the time when he was a little boy as his symptoms were beginning to emerge to the present time. The book tells a story of a boy who often is in extreme internal distress and sometimes despair. Fletcher Wortmann and his family spend many years trying to find solutions to the "Problem". A complexity in their situation is that Mr. Wortmann has a less well known type of obsessive compulsive disorder referred to as "Pure O"--Pure Obsession. Intrusive, obsessive and often disturbing thoughts are what characterize this form of the disorder. It is not coupled with the compulsions of handwashing, counting or other rituals. Therefore, it is not as easily recognized and often is misdiagnosed. This was the experience of The Wortmann family -- It is a story about a son struggling for years in pain often feeling alienated from his peers and the world at large. It is a story about the parental pain of watching a child struggle and not being able to find the solutions to his problems. It is a story that documents the impact of mental health issues of one family member on the entire family and will resonate with any parent who has had to watch their child suffer. This is a poignant, painful story that Fletcher Wortmann tells with intelligence and wit. As Mr. Wortmann takes us through his years of confusion and despair, the reader feels his pain as well. As he develops insights about his disorder and acceptance of the ongoing implications this will have in his life, the reader also feels a sense of accomplishment in overcoming adversity and a sense of triumph and hope for the future.

[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) 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) Triggered: A Memoir of Obsessive-Compulsive Disorder

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 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 When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by 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 Hope Is on Your Side: A Motivational Journal for Those Affected by Obsessive-compulsive Disorder Overcoming Obsessive-Compulsive Disorder - Client Manual (Best Practices for Therapy) Brain Lock: Free Yourself from Obsessive-Compulsive Behavior Hoarding: Help For Families Dealing With Obsessive Hoarding, Collecting and Clutter: (Treatments for Compulsive Acquiring, Saving and Hoarding - Accumulating things) (Life Psychology Series Book 2) The Obsessive Compulsive Trap: Real Help for a Real Struggle Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well Bodola Loves Chips & Pop: Understanding the mind of parents and children who exist with Autism, ADHD, Downs Syndrome and other (Obsessive Compulsive) Neurological disorders

[Dmca](#)