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When In Doubt Make Belief

When in doubt, make belief. For author and news anchor Jeff Bell, these are words to live by. Literally. As someone who has spent much of his life battling severe obsessive compulsive disorder (OCD), Bell has had to overcome crippling uncertainty few people can imagine.

When in Doubt, Make Belief: An OCD-Inspired

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lived experience of a wide variety of people
some ocd sufferers

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When in doubt, make belief. For author and news anchor Jeff Bell, these are words to live by. Literally. As someone who has spent much of his life battling severe obsessive compulsive disorder (OCD), Bell has had to overcome crippling uncertainty few people can imagine. In this powerful follow-up to his critically acclaimed memoir, *Rewind, Replay,*

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Repeat, Bell expounds on the principles of applied belief that allowed him to make such a remarkable recovery from this “doubting disease” and the lessons he’s learned while traveling the country talking about doubt. With the help of more than a dozen leading experts, Bell offers readers practical techniques for pushing through the discomfort of uncertainty – whether it stems from OCD or just everyday worries – and demonstrates how a shift from decisions based on fear and doubt to ones based on purpose and service can transform any life. Featuring interviews with Sylvia Boorstein, Patty Duke, Dan

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The revealing story of one man's struggle with obsessive-compulsive disorder (OCD) and his hard-won recovery. Rewind, Replay, Repeat is the revealing story of Jeff Bell's struggle with obsessive-compulsive disorder (OCD) and his hard-won recovery. Nagging doubt: It's a part of everyday life. Who hasn't doubled back to check on a door or appliance? But what if one check wasn't enough? Nor two or three? And what if nagging doubt grew so intense that physical senses

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Uncertainty By Bell Jefferson October 4 2009
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became all but useless? Such was the case for Bell, a husband, father, and highly successful radio news anchor--and one of the millions of Americans living with obsessive-compulsive disorder (OCD). His fascinating memoir recounts the depths to which this debilitating anxiety disorder reduced him--to driving his car in continuous circles, scouring his hands in scalding water, and endlessly rewinding, replaying, and repeating in his head even the most mundane daily experiences. Readers will learn what OCD feels like from the inside, and how healing from such a devastating condition is possible

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Shares the author's insights into the religious, political, social, and economic forces that compel people into fanaticism or opposing belief systems, discussing psychological aspects of the human need to belong and believe in a cause.

Shannon Shy is a senior civilian attorney with the Department of the Navy and a retired U.S. Marine Corps Reserve Lieutenant Colonel. In 1997, while on active duty with the

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Marines, he was diagnosed with a severe case of obsessive-compulsive disorder or "OCD." His OCD had become so severe he became practically non-functioning. He constantly found himself in a seemingly endless loop of intrusive and irrational thoughts, mental anguish, physical pain, and odd behaviors. It got to the point where he secretly and repeatedly thought that suicide would be better than the anguish, embarrassment, and the pain. While he had suspected for several years that he had some disorder, he was afraid to admit it to anyone and afraid to be diagnosed. He had concluded that doing so

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would cause him to lose his career and his wife and two young sons. Finally, after some nudging from his wife and a colleague and after one very memorable OCD episode, he called a psychiatrist. With the aid of doctors, medication, and behavioral therapy, he developed an effective behavioral strategy (what he calls Ground Rules and Checkpoints) to manage his OCD. He now lives a very happy and productive life and has for many years--without medication and without doctors. OCD no longer adversely affects him. This book is about how a young Marine officer, attorney, and family man faced and

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overcame a relentless enemy called OCD. It is a story about struggle, perseverance, and overcoming adversity. This book is not intended as medical advice. Rather, it provides hope, comfort, confidence and insight to some practical techniques for those suffering from OCD and for those trying to help someone with OCD.

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your

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Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

We've all heard the arguments that Christianity is irrelevant, irrational and even immoral. But what if the Christian faith makes sense of all that matters? In this thoughtful, engaging book, Simon Edwards challenges the assumptions that may lead us to reject a faith and doubt something that we've never really had the chance to

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Understand in the first place. From our need for meaning and significance, to our desires for truth, goodness, love and hope, he explores the things that matter to us as human beings and shows us why the life, death and resurrection of Jesus Christ might just make sense of them all. The Sanity of Belief is a fresh take on apologetics, faith and doubt, that will leave you with a stronger understanding of Christian belief and how it relates to today's world. It is ideal for anyone looking for a clear, down-to-earth introduction to Christianity, or for those wanting to reaffirm the foundations on which

Read Online When In Doubt Make Belief An Ocd Inspired Approach To Living With their faith is based. Jeff October 1 2009

Paperback

A popular American Buddhist teacher explores the creative relationship between faith and doubt, knowing and not-knowing, and shows how an awakened life results from living from the place in between. Faith is a thorny subject these days. Its negative expressions cause many to dismiss it out of hand--but Elizabeth Mattis Namgyel urges us to reconsider, for faith is really nothing but our natural proclivity to find certainty in a world where certainty is hard to come by. And if we look carefully, we'll discover that the faith

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impulse isn't separate from reason at all—faith and logic in fact work together in a playful and dynamic relationship that reveals the profoundest kind of truth—a truth beyond the limits of “is” and “is not.” Using the traditional Buddhist teachings on dependent arising, Elizabeth leads us on an experiential journey to discover the essential interdependence of everything—and through that thrilling discovery to open ourselves to the whole wonderful range of human experience.

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Discusses preventive measures and treatments for compulsive hoarding, in a book designed to help loved ones of hoarders use harm reduction to aid hoarders in living a safe and comfortable life.

"A masterfully written memoir-meets-educational-meets-inspirational tale that I couldn't put down." Ashley Smith, PhD, coauthor of *Childhood Anxiety Disorders* A gripping memoir that gives voice to the invisible, life-destroying power of obsessive-compulsive disorder, and how one woman stood

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up to fear, embraced the unknown, and reclaimed her life. Even at nine years old, Shala Nicely knew there was nothing normal about the horrifying thoughts that tormented her at bedtime, or the nightly rituals she summoned to beat them back. More importantly, she knew to obey her mind's Rule #1: keep its secret, or risk losing everything and everyone she loved. It would be almost two decades before she learned the name of the menacing monster holding her hostage: obsessive-compulsive disorder (OCD). It would take years longer to piece together the keys to recovery that would change her life

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Uncertainty, By Bell Joffe October 1, 2008
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forever, beginning with the day she broke her monster's silence. Writing with wry wit, unflinching candor, and resounding insight, Shala takes readers on a riveting journey into the dark and dimly understood inner workings of OCD and its frequent co-conspirator, body dysmorphic disorder (BDD). Thwarted repeatedly as she struggles to escape the clutches of these formidable foes, she finally stumbles upon an unexpected path to freedom. As she journeys into the heart of fear to reclaim her life, she weaves a self-compassionate roadmap to recovery: to living in an uncertain world and being happy anyway.

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Uncertainty By Reid Wilson, PhD 1999

offering powerful guidance for applying Shala's strategies in daily life, Is Fred in the Refrigerator? will leave legions of those affected by mental illness feeling seen, understood, and empowered. "A memoir ... about all of us with this kind of mind." Jon Hershfield, MFT, author of Overcoming Harm OCD "One of the clearest descriptions of the experience of OCD ... you'll cry, you'll cheer, and you'll put your shoulders back with Shala as she conquers the OCD demon." Randy O. Frost, PhD, Harold and Elsa Siipola Israel Professor of Psychology at Smith

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College and coauthor of the New York Times
bestseller *Stuff: Compulsive Hoarding and the
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