

## The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder (Adolescent Mental Health Initiative)

By Jared Kant, Martin Franklin Ph.D., Linda Wasmer Andrews

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### **The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder (Adolescent Mental Health Initiative)** By Jared Kant, Martin Franklin Ph.D., Linda Wasmer Andrews

For the more than 2 million Americans with obsessive-compulsive disorder, the intrusive thoughts and uncontrollable behaviors can take a harsh toll, as author Jared Douglas Kant knows all too well. Diagnosed with OCD at age 11, Jared became ruled by dread of deadly germs and diseases, the unrelenting need to count and check things, and a persistent, nagging doubt that overshadowed his life.

In *The Thought that Counts*, Jared shares his deeply personal account of trial, tribulation, and ultimately triumph. Using anecdotes, narratives and sidebars, this book adds a human face to a complex disorder. Jared's funny, often touching, sometimes harrowing tale makes for compelling reading. Yet his memoir is only half the story. With the help of psychologist Martin Franklin, Ph.D., and veteran science writer Linda Wasmer Andrews, Jared paints the big picture for other teens with OCD. Drawing on the latest scientific and medical evidence, he explains how to recognize warning signs, where to find help, and what treatments have proved effective. Jared also offers practical suggestions on managing the symptoms of OCD at home, at school, and in relationships with family and friends. The result is both an absorbing memoir and a useful guide that will help to ease the isolation caused by OCD, assuring anyone recently diagnosed with the disease that, with commitment and hard work, they can overcome this illness.

Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, this volume offers hope to young people who are struggling with obsessive-compulsive disorder, helping them to overcome the challenges of this illness and go on to lead healthy, productive lives.

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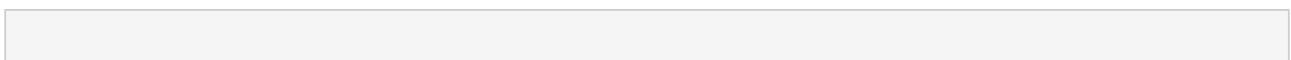
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**Bibliography**

- Sales Rank: #742387 in Books
- Brand: Oxford University Press
- Published on: 2008-03-04
- Original language: English
- Number of items: 1
- Dimensions: 5.50" h x .50" w x 8.20" l, .58 pounds
- Binding: Paperback
- 192 pages



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## **Editorial Review**

From Publishers Weekly

Obsessive-compulsive disorder (OCD) affects an estimated 2.2 million Americans, and in this introduction to the illness, written for older teenagers and young adults, Kant provides a personal account of his OCD experience. He relates how even the most mundane activities may be permeated by depression and terror, recalling for instance how changing for gym class in school was fraught with anxiety. Kant shows how patience, perseverance, empathetic parents and friends, and, especially, good treatment-medication and a form of cognitive-behavioral therapy known as Exposure and Response Prevention-helped him flourish as a college student. He is aided, particularly in providing more in-depth clinical information, by Franklin (clinical director, Center for the Treatment and Study of Anxiety) and freelance health and psychology writer Andrews (co-author, *If Your Adolescent Has an Anxiety Disorder*). The authors address a host of practical questions, including educating others about OCD, how those experiencing OCD can divert themselves from the disorder (through regular exercise, among other strategies), and adjusting to life in college. In the sometimes jargon-ridden mental health world, it's refreshing to see a book that is so succinct, straightforward, reasonably priced and helpful.

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From School Library Journal

Grade 8 Up—Part memoir, part educational self-help tool, this book lives up to the double entendre embodied in the title. Kant tells of his life as an uptight junior high student who found that his obsessions were beyond the realm of the ordinary and placed him in the approximately one percent of the population with obsessive-compulsive disorder. Blessed with loving, affluent parents, he was sent to the best doctors, therapists, and even a boarding school where he received the support and therapy he needed. Each chapter chronicles a new stage in his life from acknowledging to accepting his disorder. He recounts his struggles as well as his triumphs, making it clear that there is no easy fix for OCD, but also emphasizing that it does not have to control one's life. Written in conjunction with a medical professional, the second half of each chapter gives practical information on definitions, treatments, and tips for living comfortably with this disorder. Although still in his early 20s, Kant has learned to identify his own strengths and weaknesses and adjust his approach to life to make the most of his individual gifts. This book would be helpful for those who are diagnosed with OCD at a young age. The personal voice is strong; Kant tells his story with humor and in a self-deprecating style.—*Wendy Smith-D'Arezzo, Loyola College, Baltimore, MD*

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Review

"This book is a searing personal account about life with OCD, and as a fellow sufferer, I was impressed by the unique insight it gives the reader...[I]t's the extraordinary testimony of a sufferer that makes the book so powerful; Kant takes the reader into that exclusive club sufferers belong to, and I found myself nodding in recognition throughout. This book will strike a chord with sufferers, and will help many readers understand what OCD really means. "--Ian Puleston-Davies, *The Daily Mail, London*

"Part memoir, part educational self-help tool, this book lives up to the double entendre embodied in the

title...This book would be helpful for those who are diagnosed with OCD at a young age. The personal voice is strong; Kant tells his story with humor and in a self-deprecating style."--*School Library Journal*

## **Users Review**

### **From reader reviews:**

#### **Adam Whittington:**

People live in this new time of lifestyle always aim to and must have the time or they will get great deal of stress from both daily life and work. So , if we ask do people have extra time, we will say absolutely without a doubt. People is human not really a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to you of course your answer will probably unlimited right. Then do you try this one, reading publications. It can be your alternative throughout spending your spare time, the book you have read is actually *The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder (Adolescent Mental Health Initiative)*.

#### **Raymond Phillips:**

Playing with family within a park, coming to see the marine world or hanging out with friends is thing that usually you may have done when you have spare time, and then why you don't try factor that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love *The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder (Adolescent Mental Health Initiative)*, you are able to enjoy both. It is great combination right, you still wish to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't buy it, oh come on its identified as reading friends.

#### **Clarence Lowery:**

In this period of time globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher which print many kinds of book. Often the book that recommended to you personally is *The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder (Adolescent Mental Health Initiative)* this publication consist a lot of the information from the condition of this world now. This kind of book was represented how can the world has grown up. The language styles that writer use to explain it is easy to understand. The particular writer made some research when he makes this book. That is why this book acceptable all of you.

#### **Jerry Jackman:**

As we know that book is very important thing to add our expertise for everything. By a reserve we can know everything we want. A book is a group of written, printed, illustrated or blank sheet. Every year ended up

being exactly added. This reserve The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder (Adolescent Mental Health Initiative) was filled in relation to science. Spend your spare time to add your knowledge about your technology competence. Some people has diverse feel when they reading a new book. If you know how big benefit of a book, you can truly feel enjoy to read a publication. In the modern era like today, many ways to get book that you simply wanted.

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