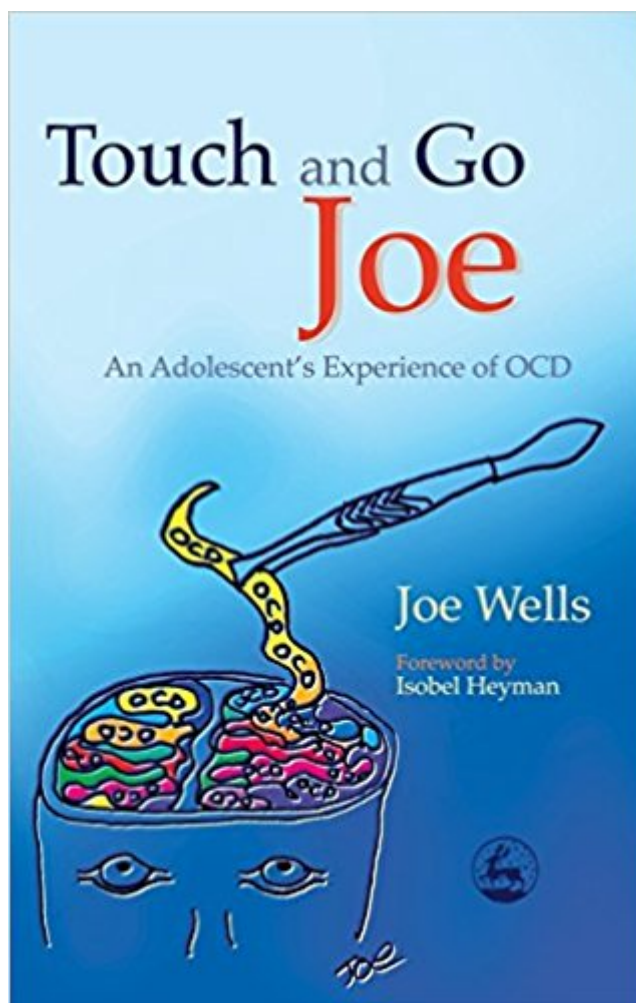


The book was found

Touch And Go Joe: An Adolescent's Experience Of OCD



Synopsis

Part of the Reading Well scheme. 35 books selected by young people and health professionals to provide 13 to 18 year olds with high-quality support, information and advice about common mental health issues and related conditions. As many as 2 in every 100 people suffer from Obsessive-Compulsive Disorder (OCD), and 16-year-old Joe Wells is one of them. In Touch and Go Joe, he tells the story of his battle with OCD from its insidious beginnings at age 9 and increasingly intrusive symptoms, to diagnosis at age 12. Having struggled to keep the condition a secret for years, he is now able to talk and write openly about OCD and how he battled to overcome it. This book is packed with advice and coping strategies, as well as first-hand accounts of available treatments such as cognitive behavioural therapy and medication. Written in an informal and accessible style, and including his own humorous illustrations, Touch and Go Joe gives an upbeat yet realistic look at the effect of OCD on adolescent life. This honest and amusing account will raise awareness of this all-too-common, yet frequently misdiagnosed disorder and will be of interest to anyone who has suffered from or knows someone who has suffered from OCD, including children and adolescents, teachers, psychologists, psychiatrists, mental health professionals, parents and carers.

Book Information

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Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Compulsive Behavior

Customer Reviews

I really enjoyed reading this book and I probably will read it again, it was a very interesting story about a boy that had OCD who is a young man now.

I did not find this story engaging at all. Curiously lacking in emotion throughout. Odd presentation-discussing about distressing situations, but not communicating what the distress felt like. I prefer *The Thought That Counts: A Firsthand Account of One Teenager's Experience with Obsessive Compulsive Disorder*, Jared Kant, appropriate for grades 6-12. Grades K-5 Mr. Worry: A Story about OCD, Holly Niner 1-5 Up and Down the Worry Hill: A Children's Book About Obsessive Compulsive Disorder, Aureen Wagner Can I Tell You About OCD?, Amita Jassi What To Do When Your Brain Gets Stuck, Dawn Huebner

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Touch and Go Joe: An Adolescent's Experience of OCD Neinstein's Adolescent and Young Adult Health Care: A Practical Guide (Adolescent Health Care a Practical Guide) Joe-Joe the Wizard Brews Up Solids, Liquids, and Gases (In the Science Lab) Reading order checklist: C.J. Box - Series read order: Joe Pickett Series, Cassie Dewell Series, Joe Pickett Short Stories and more! Joe: A Memoir of Joe Brainard Smokin' Joe: The Autobiography of a Heavyweight Champion of the World, Smokin' Joe Frazier The Complete Encyclopedia to GI Joe (Complete Encyclopedia to G. I. Joe) Dead Fall: A Joe Hunter Story (Joe Hunter Novels) Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia (Adolescent Mental Health Initiative) Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse (Annenberg Foundation Trust at Sunnylands' Adolescent Mental Health Initiative) Mind Race: A Firsthand Account of One Teenager's Experience with Bipolar Disorder (Adolescent Mental Health Initiative) Bunny and Friends Touch and Feel (Baby Touch and Feel) Baby Touch and Feel: Colors and Shapes (Baby Touch & Feel) Baby Touch and Feel: Puppies and Kittens (Baby Touch & Feel) Bright Baby Touch & Feel Baby Animals: with Book and Puzzle Pieces (Bright Baby Touch and Feel) Bright Baby Touch & Feel Boxed Set: On the Farm, Baby Animals, At the Zoo and Perfect Pets (Bright Baby Touch and Feel) A Touch of the High Holidays: A Touch and Feel Book for Rosh Hashanah, Yom Kippur and Sukkot Touch for Health: A Practical Guide to Natural Health Using Acupressure Touch and Massage Baby Touch and Feel: Wild Animals (Baby

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