



The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought

David Adam

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An intimate look at the power of intrusive thoughts, how our brains can turn against us, and living with obsessive compulsive disorder

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, David Adam explores the weird thoughts that exist within every mind, and how they drive millions of us toward obsession and compulsion.

Adam, an editor at *Nature* and an accomplished science writer, has suffered from obsessive-compulsive disorder 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, humor, 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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Playing with family in a park, coming to see the water world or hanging out with close friends is thing that usually you will have done when you have spare time, in that case why you don't try point that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought, you are able to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang type is it? Oh can occur its mind hangout folks. What? Still don't understand it, oh come on its identified as reading friends.

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The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought can be one of your basic books that are good idea. We all recommend that straight away because this book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to set every word into joy arrangement in writing The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought however doesn't forget the main place, giving the reader the hottest and based confirm resource facts that maybe you can be certainly one of it. This great information could drawn you into fresh stage of crucial contemplating.

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