

## 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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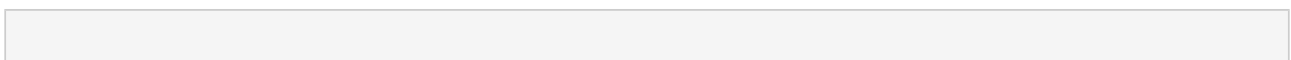
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## **Editorial Review**

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:**

#### **Ana Gaskill:**

Have you spare time for any day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a move, shopping, or went to the actual Mall. How about open or read a book eligible The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder (Adolescent Mental Health Initiative)? Maybe it is for being best activity for you. You understand beside you can spend your time together with your favorite's book, you can better than before. Do you agree with it is opinion or you have various other opinion?

#### **Camille Wolfe:**

Why? Because this The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder (Adolescent Mental Health Initiative) is an unordinary book that the inside of the book waiting for you to snap the item but latter it will jolt you with the secret it inside. Reading this book close to it was fantastic author who also write the book in such incredible way makes the content within easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of benefits than the other book have got such as help improving your ability and your critical thinking technique. So , still want to hesitate having that book? If I ended up you I will go to the e-book store hurriedly.

#### **Joseph Whitely:**

Reading can called thoughts hangout, why? Because if you are reading a book especially book entitled The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder (Adolescent Mental Health Initiative) the mind will drift away trough every dimension, wandering in each and every aspect that maybe unidentified for but surely will end up your mind friends. Imaging each word written in a e-book then become one type conclusion and explanation that will maybe you never get previous to. The The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder (Adolescent Mental Health Initiative) giving you an additional experience more than blown away your mind but also giving you useful data for your better life with this era. So now let us show you the relaxing pattern here is your body and mind will likely be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

**Carole Arehart:**

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