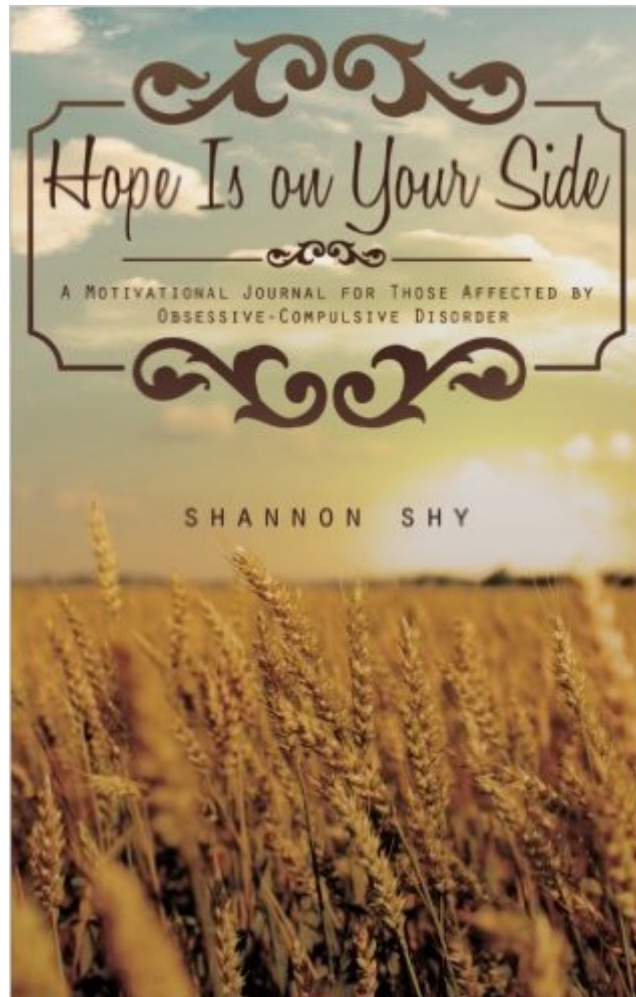


The book was found

Hope Is On Your Side: A Motivational Journal For Those Affected By Obsessive-compulsive Disorder



Synopsis

Push through the doubt. Push through the anxiety. "Ground Rules and Checkpoints" to completely overcome OCD. Shannon described his victory over OCD in a personal memoir in 2009 and has continued his worldwide outreach ever since. *Hope Is on Your Side* is a yearlong motivational journal designed to help those affected by OCD (sufferers, family members, friends, and mental health professionals) and other adversities so they can understand they are not alone in their struggle and that there is hope. The daily inspirations, motivations, and insights provide a sense of comfort, confidence, understanding, and resolve. *Hope is on Your Side* has one other unique, life-changing aspect to it, every seventh day, Shannon challenges us to set a weekly goal and to plan two meaningful steps to accomplish the goal. Shannon Shy is an attorney, a retired Marine Corps Lieutenant Colonel, an author, and a motivational speaker. A member of the Board of Directors for the International OCD Foundation and an OCD advocate with the Adversity to Advocacy (A2A) Alliance, Shy writes and speaks about his personal experiences in overcoming OCD. In addition to *Hope is on Your Side*, Shy has authored "It'll be Okay": How I Kept Obsessive-Compulsive Disorder (OCD) from Ruining My Life (Authorhouse 2009) and "Dad, I Love You All the Way to God and Back": Observations from a Five-Year Old and Five Pledges for Dads (Authorhouse 2011). Born and raised in the St. Louis metro area, Shannon graduated from Missouri State University and the University of Missouri-Columbia (Mizzou) School of Law. He and his wife, Debbie, have three children, Alex (21), Andrew (17), and Samantha (8) and live in northern Virginia.

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Excellent for ocd help

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