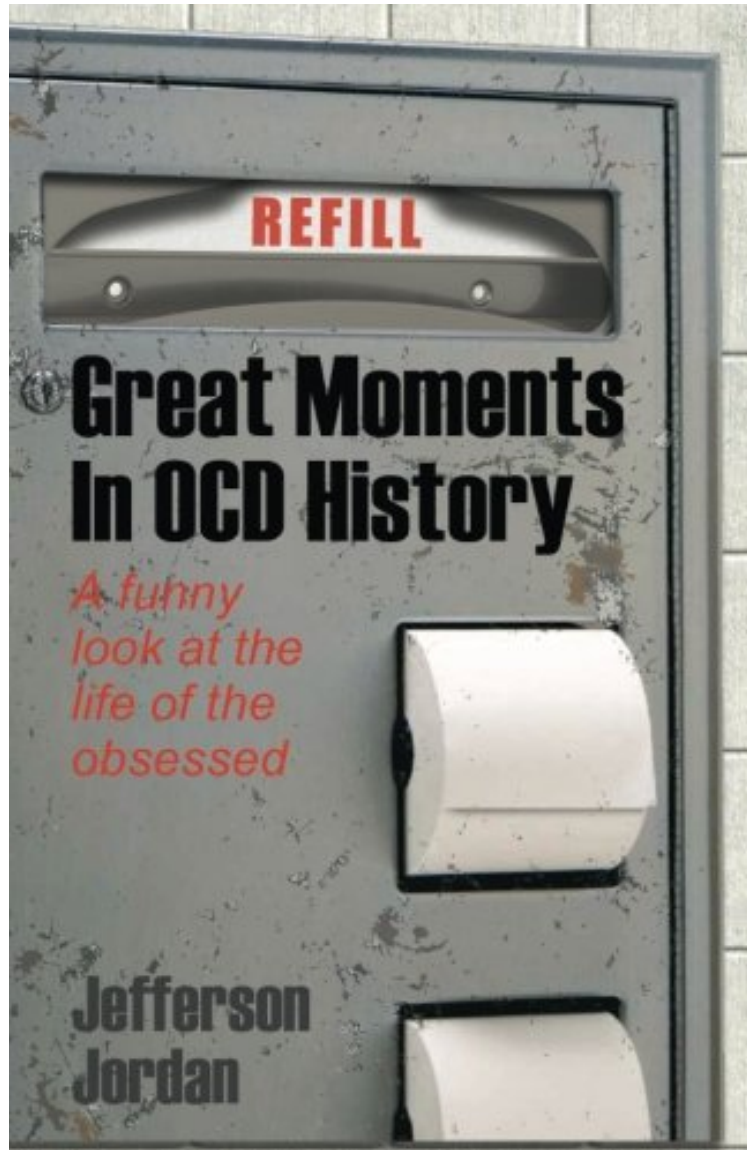


(Mobile book) Great Moments in OCD History: A humorous look at life with OCD

Great Moments in OCD History: A humorous look at life with OCD

Jefferson Jordan

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Jefferson Jordan : Great Moments in OCD History: A humorous look at life with OCD before purchasing it in order to gage whether or not it would be worth my time, and all praised Great Moments in OCD History: A humorous look at life with OCD:

2 of 2 people found the following review helpful. Informative, witty and rigorously honestBy Glenn HebertOne of the most compelling parts of this book is Jefferson Jordan's description of the specific event which caused the sudden onset of his obsessive/compulsive disorder (OCD). It happened in class when he was in sixth grade and, within

moments, his mind took a turn for the worse. Years later, at an OCD support group, Jordan ran into a woman who had been his classmate and had been present during that same event in that same classroom. They were both shocked to realize that their condition had been triggered by the exact same event. I won't say what the event was, since it really should be read in Jordan's own words. Behavior disorders are objectively interesting to begin with. OCD is not only interesting; it's oftentimes comic. That's why movies like *What About Bob* with Bill Murray and *As Good as It Gets* with Jack Nicholson are so much fun to watch. Jordan, a sufferer of OCD for the last twenty-five years, would agree. His story is told with brutal honesty, but with a dry wit that often made me have to stop and laugh. It's also obvious that OCD has caused this author a lot of pain. In *Great Moments in OCD History*, Jordan tells his story without a trace of ego or dissembling. He opens up to his readers in a way most would only do with a trusted friend. So, while you read, you have no doubt you're getting a real-life account from someone who "lays it all out" no matter how vulnerable it makes him. Jordan also happens to be an intelligent observer of his own condition. He is not an "expert" on OCD, but someone who lives with it every day. One might note that neither was Bill Wilson an "expert" on alcoholism. There are certain human problems that are best illuminated by those dealing with them first hand. And, in an age in which victimhood is encouraged, Jordan is refreshing in that he doesn't blame society, or his upbringing, or even the person responsible for that sad day in his sixth grade class. He simply explains his condition as he sees it, without rancor or bitterness. Most important, Jordan is willing to laugh at himself and allow us to laugh with him. He tells his readers about some of the most embarrassing moments in his life, and some of the most embarrassing private thoughts he's had also. These are, for him, just part and parcel of OCD, and he's as candid as if he were a diabetic telling you his blood sugar. While the book would be interesting to anyone – and even entertaining to folks raised on "reality TV" – it's must-reading for anyone who loves a person with OCD and wants to understand what he or she is going through. And for people living with OCD, this book would no doubt be a comfort and a helpful tool. It might even make you laugh, which is always the best medicine.

2 of 2 people found the following review helpful. Light hearted and fun
By Bob Saget
Fun to read a book that lightens up and laughs about OCD experiences. I found myself laughing out loud in several parts. Laughing because I can relate! I was disappointed I was unable to access any of the blogs or websites Jefferson recommended at the end of the book. A fun, interesting read. Let's you see as OCD sufferers we are not alone, and even laugh about it a little!
3 of 3 people found the following review helpful. Unbelievably relatable!
By MacKat
I loved this book. I have OCD just like the author and I found his story incredibly relatable. He gives great descriptions of the obsessions and compulsions he has and he even finds a way to deliver it in a humorous way. Definitely worth reading. I recommend it to everyone, whether you have OCD or not!

Simply put, *Great Moments in OCD History* is a candid and humorous book that helps shed light on this often-mysterious disorder. In this book author Jefferson Jordan looks at life growing up with OCD, how he got it, religious obsessions and what he learned from it. He also designs the perfect OCD bathroom and shares how to open a door without using your hands. This book is for anyone who has or is interested in OCD, or just likes laughing at mental disorders.

About the Author
Jefferson Jordan was born in Columbus, GA but grew up in Dallas, TX. and now lives in Orange County, CA, though he likes to call it the OCD. He writes in a wide range of genres including: comedy, satire, comics, fiction, and blogs about life. He is also an aspiring super-villain and unrepentant nerd.