



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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This The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought is great guide for you because the content that is certainly full of information for you who all always deal with world and still have to make decision every minute. This book reveal it data accurately using great coordinate word or we can say no rambling sentences within it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but difficult core information with wonderful delivering sentences. Having The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought in your hand like obtaining the world in your arm, info in it is not ridiculous a single. We can say that no e-book that offer you world throughout ten or fifteen tiny right but this book already do that. So , this is certainly good reading book. Heya Mr. and Mrs. occupied do you still doubt that?

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