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Interview with OCD: Forty-Five Days to End of a New Beginning

PhD Engin Ozertugrul

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The author/researcher explores the process of self-healing during his encounters with OCD using a unique self-search method and integral psychology framework. The audio contains the unaltered self-dialogue (self-interview) scripts of the doctoral research. The audio excursion is designed to capture the sensual attention through manifestation of OCD's common attributes. Through heightened awareness, the author invites us to pathways to self-discovery and change, exploring an experience in and by itself rather than numbing it with the next dose of treatment.

The book reports from a research that belief in one's abilities can flourish in the presence of confusion and despair and can have profound positive effects in the healing process. The research offers a useful tool for researchers, professionals, and people who face OCD daily by providing a client-based perspective of the disorder and a potential pathway for self-healing.

Although this book is self-contained, it demonstrates the application of the self-healing method described in the author's doctoral dissertation entitled "Heuristic Self-Search Inquiry into One Experience of Obsessive-Compulsive Disorder".

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