# Triggered A Memoir Of Obsessive Compulsive Disorder Fletcher Wortmann

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#### **Triggered A Memoir Of Obsessive**

"Triggered: A Memoir of Obsessive-Compulsive Disorder is for anyone who is or knows someone who is suffering from mental illness of any type. It is well-written by a man who could be writing fiction and mak[es] you laugh or cry depending on the moment."

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**Triggered: A Memoir of Obsessive-Compulsive Disorder ...** Start your review of Triggered: A Memoir of Obsessive-Compulsive Disorder I appreciate what Fletcher Wortmann has been through. Boy, do I ever. But as a fellow OCD-sufferer, I felt he didn't come close to letting people know what goes on in our heads.

### Triggered: A Memoir of Obsessive-Compulsive Disorder by ...

Buy Triggered: A Memoir of Obsessive-Compulsive Disorder by Fletcher Wortmann (ISBN: 8601403139674) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

**Triggered: A Memoir of Obsessive-Compulsive Disorder ...** Keeping this in mind, author Fletcher Wortmann's memoir, Triggered, does a masterful job of vividly describing what it

means to have the "pure-O" form of obsessive-compulsive disorder (OCD). It takes courage to be in your twenties and publish your memoir, and it is evidence of his therapeutic progress in understanding and managing his diagnosis.

#### Triggered—A Memoir of Obsessive-Compulsive Disorder ...

Triggered NPR coverage of Triggered: A Memoir of Obsessive-Compulsive Disorder by Fletcher Wortmann.

#### **Triggered: NPR**

Fletcher Wortmann is the author of Triggered: A Memoir of Obsessive-Compulsive Disorder (St. Martin's Press, 2012). While in college, Fletcher Wortmann was diagnosed with crippling...

### Fletcher Wortmann | Psychology Today When Obsessive-Compulsive Thoughts Are 'Triggered' In his

memoir Triggered : A Memoir of Obsessive-Compulsive Disorder, Fletcher Wortmann describes the intrusive, overwhelming anxieties that...

#### When Obsessive-Compulsive Thoughts Are 'Triggered': NPR

In his brilliant memoir, the author takes us on an intimate journey across the psychological landscape of OCD, known as the "doubting disorder," as populated by God, girls, and apocalyptic nightmares.

### Triggered: A Memoir of Obsessive-Compulsive Disorder by ...

In his grimly funny memoir, Wortmann, an actor and comedy writer, describes the heart-thumping panic that came with his obsessive-compulsive disorder. Only adherence to certain elaborate rituals, he believed, could ward off annihilation.

#### Triggered: A Memoir of Obsessive-Compulsive Disorder ...

Triggered: A Memoir of Obsessive-Compulsive Disorder eBook: Fletcher Wortmann: Amazon.com.au: Kindle Store

### Triggered: A Memoir of Obsessive-Compulsive Disorder eBook ...

"Triggered: A Memoir of Obsessive-Compulsive Disorder is for anyone who is or knows someone who is suffering from mental illness of any type. It is well-written by a man who could be writing fiction and mak[es] you laugh or cry depending on the moment." —Psych Central. "This is a fascinating memoir about mental illness.

**Triggered: A Memoir of Obsessive-Compulsive Disorder ...** Very funny, honest and illuminating memoir by a very young and talented young man afflicted with a severe case of pure  $Page \ 6/9$ 

obsessional obsessive-compulsive disorder. Very helpful in understanding the disorder and the experience.

#### Amazon.com: Customer reviews: Triggered: A Memoir of

In his brilliant memoir, the author takes us on an intimate journey across the psychological landscape of OCD, known as the "doubting disorder," as populated by God, girls, and apocalyptic nightmares.

#### Triggered by Wortmann, Fletcher (ebook)

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Triggered: A Memoir of Obsessive Compulsive Disorder ...

— Fletcher Wortmann, Triggered: A Memoir of ObsessiveCompulsive Disorder "I believe that everyone has this tendency
to think in circles, trying to neutralize what we cannot control.
We lock ourselves up, hoping to protect against the inevitable.
We write rules and laws, we draw arbitrary comparisons.

**Triggered Quotes by Fletcher Wortmann - Goodreads**From a young age, Fletcher Wortmann spent countless hours absorbed by his obsessions. In third grade, he became consumed with the idea that every nonwater substance on the planet would soon freeze. He spent hours laying plans for how he and his family would survive. Over and over, he replayed an imagined apocalypse.

"Triggered" A Memoir of Obsessive-Compulsive Disorder by ...  $_{Pade\ 8/9}$ 

A member of a sketch comedy group describes growing up with OCD, discussing his pop-culture obsessions, the roles of literature and Christianity in shaping his perspective, and his visit to the OCD Institute in Massachusetts.

**Triggered:** a memoir of obsessive-compulsive disorder ... Find books like Triggered: A Memoir of Obsessive-Compulsive Disorder from the world's largest community of readers. Goodreads members who liked Triggered...

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