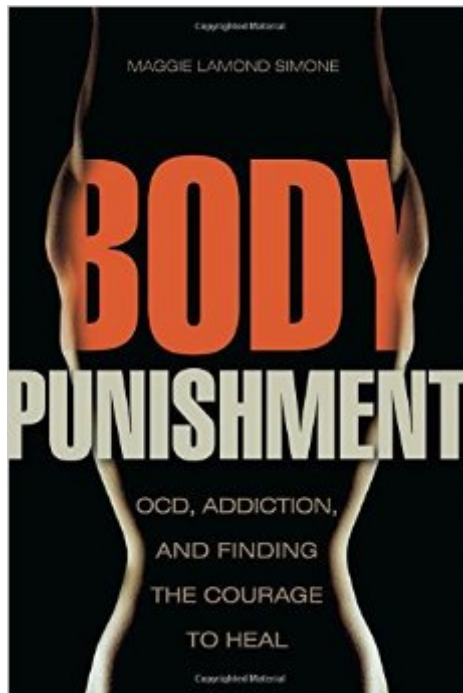


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# Body Punishment: OCD, Addiction, And Finding The Courage To Heal



## Synopsis

Humor columnist Maggie Lamond Simone's painful journey provides insight for the thousands of others who similarly cut, starve, pick, drink, pluck, purge, and otherwise hurt themselves in private in order to survive in public. She explores the issues of substance abuse, anxiety, and depression that commonly occur with OCD, all in an effort to further the dialog around mental illness and eliminate the shame, because "the shame . . . the shame is a killer." Maggie Lamond Simone is an award-winning columnist and author. Her first column anthology, *From Beer to Maternity*, was released in November 2009. She has a black belt in Kenpo karate and a master's degree from the Newhouse School of Public Communications at Syracuse University.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #1,352,449 in Books (See Top 100 in Books) #154 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder \(OCD\)](#) #1176 in [Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior](#) #2862 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#)

## Customer Reviews

Tell-all books can be tough to read, especially if the author bares her soul about a debilitating mental illness. Maggie Lamond Simone has had obsessive-compulsive disorder since childhood. She despised herself for being at the mercy of uncontrollable impulses that drove her to pluck out her eyebrows and eyelashes, pick at her skin, starve herself, and turn to alcohol to silence her inner demons. It was more important to her to act normal than to feel normal. If she could just pretend to be like everyone else, perhaps she would fool her family and friends into believing that nothing was wrong. For decades, she did not understand what was happening and did not consider seeking help. "Body Punishment" is a brave, darkly amusing, and heartrending work of non-fiction. Simone is a professional writer who movingly and candidly articulates her thoughts and feelings throughout her

ordeal. She recounts many traumatic and painful episodes: countless nights of drinking herself into a stupor; bouts of anorexia and bulimia; wild mood swings; episodes of severe anxiety and depression; and even a suicide attempt. She and her parents clashed and, for a long time, she was incapable of sustaining nurturing relationships. Fortunately, she was bright and motivated enough to earn a masters degree in journalism and finally decided to stop drinking. Little by little, she started making long-overdue changes. Simone has done an enormous service by writing this compelling book. She empowers those with obsessive-compulsive disorder to admit to themselves and others that they need treatment. In addition, she assures her fellow sufferers that they are not alone.

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