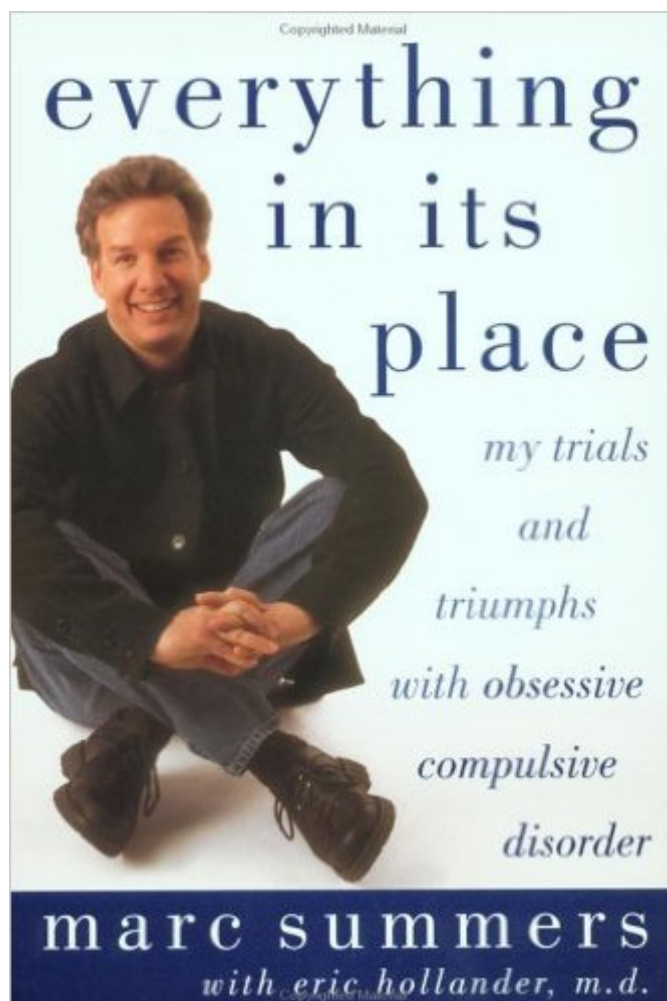


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# Everything In Its Place: My Trials And Triumphs With Obsessive Compulsive Disorder



## Synopsis

From the time he was in the first grade, Marc Summers feared that if his bedroom wasn't perfectly neat and his shirts didn't hang exactly one-fourth of an inch apart in the closet, something terrible would befall his parents or himself. It wasn't until many years later that the source of his anxiety became clear: like an estimated 6 million Americans today, Summers suffers the effects of obsessive compulsive disorder. A frank and often hilarious narrative, *Everything in Its Place* tells the story of Summers's journey from compulsive room cleaner to family man, television celebrity, and Obsessive Compulsive Foundation spokesperson. Describing his struggle to maintain personal relationships and build a career, the ups and downs of being on medication, and what it's like to be compelled to straighten the fringes of a rug at two o'clock in the morning, here is a compellingly readable and ultimately uplifting memoir. "In sharing his personal battle with anxiety disorders, Marc Summers gives hope and courage to the many individuals and their families who suffer from these illnesses." - Mary Guardino, Founder and Executive Director, Freedom from Fear

## Book Information

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## Customer Reviews

The book discusses his childhood in Indiana, summers visiting with his grandmother, his brother Mike and sister Lois. His wife Alice, son Matthew and daughter Meredith have all had to endure his OCD symptoms, but up until that moment they never knew what caused him to behave and act certain ways. It actually took a year from the date of the television show for Marc to contact Eric Hollander, M.D. again and seek help such as behavior therapy and medication. The chapters are not

all in chronological order. In one chapter he discussed waiting for Alice at the church and how his OCD symptoms flared up. He reflects back at this, since at the time he was unaware of OCD and that this was the reason for his behaviors. Alice was late in arriving at the church along with her family, causing Marc to panic and yell at her once she did show up. This was the first time Alice had seen him in this state of mind. The next chapter he explains how they meet, so it was a bit confusing for me at first reading of their wedding and then going back. He brings along flip-flops for using in bathrooms at Hotels. He cannot have his bare feet touch any floor but his own at home. He laughingly described how he cleans in the shower with the flip-flops on and removes one while balancing on the other. He has rituals in how he gets dressed, such as he lays clean socks on sheets but never on the bedspread. As a child Marc rushed home to watch Art Linkletter. Instead of wanting to be a kid on the show Marc dreamed of one day hosting a similar show. His brother at the time played the drums and toured with famous acts, causing jealousy in Marc and sibling rivalry. College dorm life was not pleasant for Marc. He ended up persuading them to give him a single room so he could have it clean at all times.

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