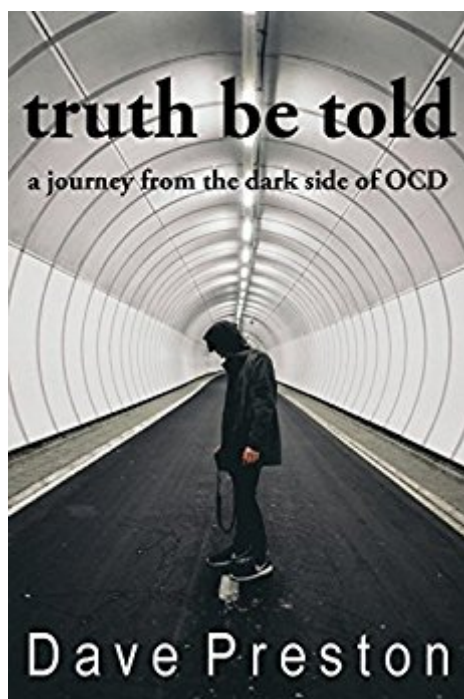


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# Truth Be Told: A Journey From The Dark Side Of OCD



## Synopsis

The story of one man's journey from the depths of mental hell to the promised light of recovery. This dramatic narrative will make readers re-evaluate what they thought they knew about OCD. For 40 years Dave keeps his horrible intrusive thoughts a secret. A police investigation crashes his world around him. He seeks professional help. He is diagnosed with an extreme case of OCD, which answers why he had the terrible thoughts for so long but also why the police showed up at his door. A contract for the movie rights to this book has been signed.

## Book Information

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## Customer Reviews

This is a brave and unflinchingly honest account of one man's struggles with OCD - a debilitating, relentless, and oft-misunderstood mental health disorder. Plagued by vivid, distressing and unwanted thoughts since childhood, Dave Preston's life hits rock bottom when the police turn up at his door, investigating and subsequently charging him with a serious crime. I won't say what happens next, but Dave's story is deeply moving, and surprisingly tense. This is a book about despair and the depths of mental illness, but also about acceptance, forgiveness, love, and what

happens when the worlds of mental health and criminal law collide. It should be required reading for anyone who dismisses OCD as a mild personality quirk, and it will connect with anyone who's suffered with this devastating illness.

Dave, thanks for sharing your life's journey with us. I'm sure this book and your future efforts will enlighten and help so many suffers as well as further the cause of the removing the stigma attached to mental illness in society. I've been out of school for almost 5 decades, so I don't know what they teach in Health class (if they even have that anymore), but it change a lot of young lives if they were taught symptoms of several mental disorders and that there are remedies for them and not fear the term mental illness....Rick.

This book was very informative. Having OCD myself, it was a relief to read very descriptively exactly how OCD works and effects sufferers. I recommend this book to everyone who wants to know more about the disorder or who suffers from it. -Destiny

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