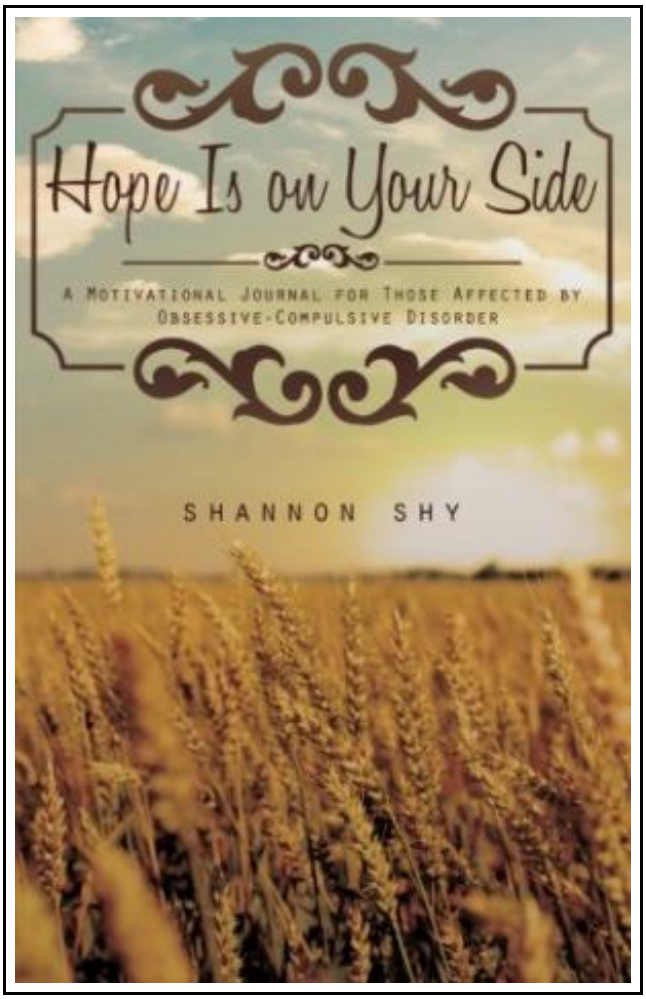
Hope Is on Your Side: A Motivational Journal for Those Affected by Obsessive-Compulsive Disorder (Paperback)



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Reviews

An exceptional book and also the font utilized was intriguing to read. This is for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Tyson Hilpert)

HOPE IS ON YOUR SIDE: A MOTIVATIONAL JOURNAL FOR THOSE AFFECTED BY OBSESSIVE-COMPULSIVE DISORDER (PAPERBACK)

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Tate Publishing Enterprises, United States, 2014. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. Push through the doubt. Push through the anxiety. Ground Rules and Checkpoints to completely overcome OCD. Shannon described his victory over OCD in a personal memoir in 2009 and has continued his worldwide outreach ever since. Hope Is on Your Side is a yearlong motivational journal designed to help those affected by OCD (sufferers, family members, friends, and mental health professionals) and other adversities so they can understand they are not alone in their struggle and that there is hope. The daily inspirations, motivations, and insights provide a sense of comfort, confidence, understanding, and resolve. Hope is on Your Side has one other unique, life-changing aspect to it, every seventh day, Shannon challenges us to set a weekly goal and to plan two meaningful steps to accomplish the goal. Shannon Shy is an attorney, a retired Marine Corps Lieutenant Colonel, an author, and a motivational speaker. A member of the Board of Directors for the International OCD Foundation and an OCD advocate with the Adversity to Advocacy (A2A) Alliance, Shy writes and speaks about his personal experiences in overcoming OCD. In addition to Hope is on Your Side, Shy has authored It ll be Okay : How I Kept Obsessive-Compulsive Disorder (OCD) from Ruining My Life (Authorhouse 2009) and Dad, I Love You All the Way to God and Back : Observations from a Five-Year Old and Five Pledges for Dads (Authorhouse 2011). Born and raised in the St. Louis metro area, Shannon graduated from Missouri State University and the University of Missouri-Columbia (Mizzou) School of Law. He and his wife, Debbie, have three children, Alex (21), Andrew (17), and Samantha (8) and live in northern Virginia.

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Its been four years since Malakais death, and Kinara couldnt...

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How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

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I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids (Hardback)

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. One day, third-grade teacher Kyle Schwartz asked her students to fill-in-the-blank in this sentence:...

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