

zaid Soufi



WHAT IS OCD?

Obsessive-Compulsive Disorder (OCD) is a mental health condition that impacts the daily lives and well-being of those who suffer from it.

ZAID TH[?]ANKS

THINK & THRIVE

My mission is to motivate busy or lazy people to read more. I do this by writing very short books — literally one word per page. The whole book can be finished in less than 20 minutes. For the extra curious, each page may also contain an optional hidden message.

It's completely your choice!

Reading instructions

1. Open this book.
2. Scroll down.
3. Read all the big black words — there's only one word on each page.
4. Hungry for more? Look for the hidden sentences at the bottom of each page.

Have fun!

What is OCD?

OCD

Obsessive Compulsive Disorder is one of the most
common mental difficulties

Is

Is it possible to change your mindset?

Unwanted

Unwanted thoughts feel like a wave of discomfort

Repetitive

Repetitive behaviour is probably something you see
often

Thoughts

Thoughts that are not constructive, but just disturb your
mood

That

That is not the end of the world, believe me

Lead

Lead your brain, and it will follow your path

To

To you it may seem unstoppable, but it is!

Compulsion.

Compulsions are small actions done to feel better

They

They are not completely out of your control

Can

Can you try to reduce them one step at a time?

Be

Be the one in control of your mind and not the other way
around

Tiring

Tiring is the feeling you get when you don't try to stop

But

But you've got this — little by little, every day

There

There is always something you can do

Is

Isn't that great? Knowing that it will be alright

A

A true warrior is the one who wins the battle inside his
mind

Way

Way of fear begins with awareness

Out

Out of nowhere, everything can change in a single
second with one tool: Knowledge

The End.

Stay in touch with me

Make sure to follow my social media accounts if you want free content about stress, anxiety and panic.

- [Instagram](#)
- [Threads](#)

Till soon?

Copyright Notice

All rights reserved.

No part of this book may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations used in reviews or articles.

Disclaimer

This eBook is designed to provide information and inspiration only. It is not intended as professional advice (medical, psychological, financial, or otherwise). The author and publisher disclaim any liability arising directly or indirectly from the use or application of the information contained in this book. Readers should consult appropriate professionals for advice tailored to their individual circumstances.

Publisher: Zaidthinks®

First Edition: January 2026

“OCD is not a choice, but recovery is.”

Unknown