



The Thing Inside My Head

By L. Chaber

Chipmunkpublishing. Paperback. Book Condition: New. Paperback. 532 pages. Dimensions: 8.0in. x 5.0in. x 1.4in. Key Themes: family struggle, mental health institutions, anorexia, depression, extreme obsessive-compulsive disorder, Child and development psychology, Family Psychology, Abnormal Psychology, Mental Health Services, Memoirs, Autobiography, Coping with Eating Disorders, Coping with Death and Bereavement Human life is suffering but Sybil Macindoe suffered more than others with a severe and complex mental health problem, known as Obsessive Compulsive Disorder (OCD) and Anorexia Nervosa. It was an extremely distressing and handicapping condition for both her and family that ultimately led to her tragic death. This book provides some insight into both the experience of Sybil as well as that of her carers and professionals. We can all learn from her narrative and from the different perspectives of her family and carers. I felt moved by her experience and was left wishing that she could have taken advantage of the newer developments in treating OCD. The impact of OCD on the family is often hidden. Her family's observations and narrative are extremely balanced and provide a cautionary tale for sufferers, carers and professionals alike. There is lots of information and self help material about OCD but this book is a...



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