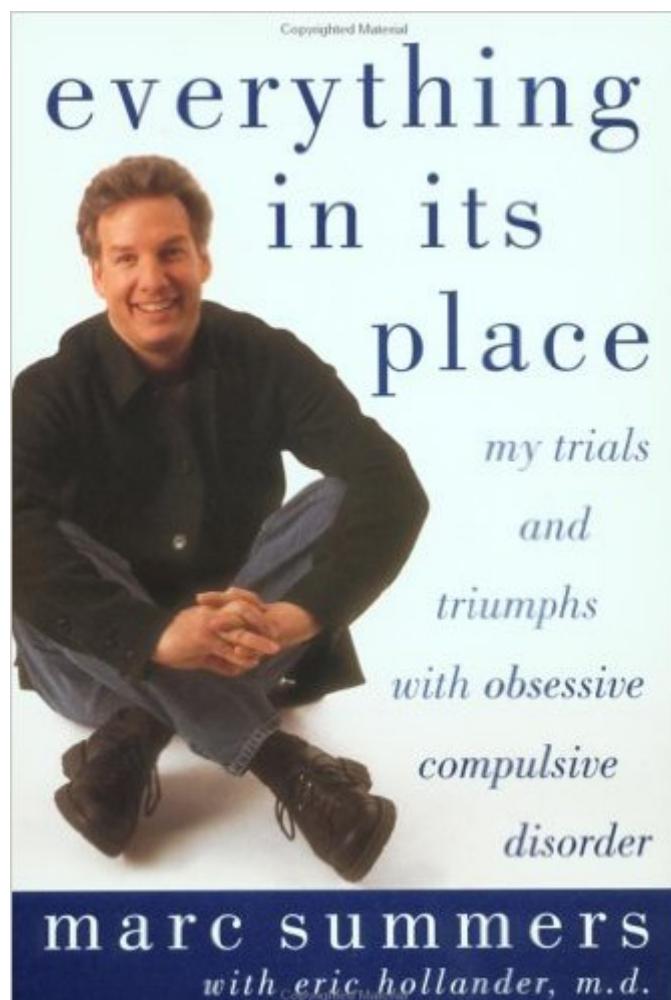


The book was found

# 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

Paperback: 240 pages

Publisher: Tarcher (October 2, 2000)

Language: English

ISBN-10: 1585420484

ISBN-13: 978-1585420483

Product Dimensions: 5.5 x 0.7 x 8.3 inches

Shipping Weight: 7.8 ounces

Average Customer Review: 4.6 out of 5 stars See all reviews (30 customer reviews)

Best Sellers Rank: #218,928 in Books (See Top 100 in Books) #40 in Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #209 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #2040 in Books > Biographies & Memoirs > Arts & Literature > Actors & Entertainers

## 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.

[Download to continue reading...](#)

Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Everything in Its Place: My Trials and Triumphs with Obsessive Compulsive Disorder OCD: Take CONTROL of Obsessive-Compulsive Behavior for good!: A guide to how to free yourself from Obsessive Compulsive Disorder (OCD). (OCD, Obsessive ... Brain Lock, Delivered from Distraction) Living with Anxiety and an Obsessive Compulsive Partner (OCD, Mental Illness, Anxiety, Depression, ERP, Obsessive Compulsive Disorder) Obsessive Compulsive Anonymous: Recovering From Obsessive Compulsive Disorder Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) Obsessions, Rituals and Wasted Time: Living with Obsessive Compulsive Disorder and Waiting for God to Come to the Rescue When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition Hope Is on Your Side: A Motivational Journal for Those Affected by Obsessive-compulsive Disorder Overcoming

Obsessive-Compulsive Disorder - Client Manual (Best Practices for Therapy) Triggered: A Memoir of Obsessive-Compulsive Disorder Feeding Eden: The Trials and Triumphs of a Food Allergy Family Tales from Another Mother Runner: Triumphs, Trials, Tips, and Tricks from the Road Hoarding: Help For Families Dealing With Obsessive Hoarding, Collecting and Clutter: (Treatments for Compulsive Acquiring, Saving and Hoarding - Accumulating things) (Life Psychology Series Book 2) Bodola Loves Chips & Pop: Understanding the mind of parents and children who exist with Autism, ADHD, Downs Syndrome and other (Obsessive Compulsive) Neurological disorders Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well Brain Lock: Free Yourself from Obsessive-Compulsive Behavior

[Dmca](#)