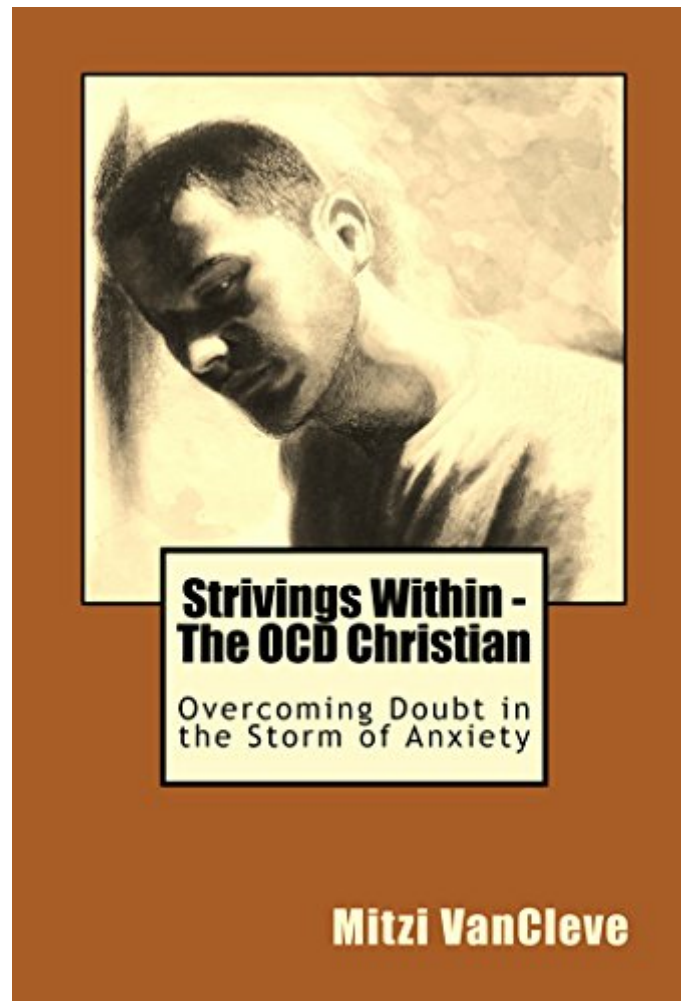


The book was found

# Strivings Within - The OCD Christian: Overcoming Doubt In The Storm Of Anxiety



## Synopsis

Strivings Within takes the reader through the personal journey of the author as she shares her transparent account of her struggle with Anxiety Disorders. This book will resonate with those who suffer from OCD in such a way that they will feel as though Mitzi has written some of their own story. Strivings Within takes the reader from a pain-filled and confusing experience to enlightenment, hope, and purpose. It is very difficult for the Christian to reconcile the experience of intense anxiety to the life of faith. That can't happen until the sufferer realizes that they have a valid but very manageable disorder. Strivings Within is a must read for the Christian who is afflicted with OCD, as well as for those who love them.

## Book Information

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## Customer Reviews

About 5 weeks ago I was diagnosed with severe OCD (primarily the Pure "O" form). For sufferers and their families, this book is a blessing. In my case, so many of my decisions for security finally made sense to my wife. She had at one point, resented many of my decisions which she felt were always about too much security. Now she understands the nature of the disease, in that the OCD sufferer needs 100% certainty and security. In regards to the Pure "O" form, I finally realized why for

the last 7 years I have suffered horribly in my faith. Questions of doubt surfaced back in late 2006. No amount of reassurance activities (apologetics, praying, etc.) would stop the doubts (because OCD will always have another "what if"). The theme changed from what if I can't get past my doubts to what if the Bible isn't really the inspired word of God. Then it was what if I don't believe or what if I will never believe. Now diagnosed I understand why I was in a horrible loop. Unwanted thoughts tormented me, I tried to stop the storm with various responses, which re-enforce the thoughts to come back more often with greater intensity. I have read many articles and even started reading another book sold here on . While there is value to these there are also shortcomings. The main issues are the depth of information is very high level, quite often they are written in technical terms (for the professionals in the industry), they are written from the outside and not from a sufferer, they usually only cover one angle (i.e. medication, therapy, mechanics of the affliction), they don't cover scrupulosity or just gloss over it...I'm sure you get the idea.

WOW! I was stunned when I came across this book! I only wish I had come across it when I was in the midst of my deep depression and OCD experience. I have read other helpful advice on OCD for Christians, but this is by far the best book ever on the subject!! Even my Christian psychiatrist and Christian counselors that I had talked to didn't exactly understand what was going on with me. The Lord has just recently healed me of this Pure O terror that I experienced non-stop from the minute I woke up until going to sleep at night. I was in an extremely stressful time in my life and it morphed into thoughts that I doubted that I was truly saved. I began to think that I had to believe continuously that I was saved in order to hold onto my salvation. I struggled to truly believe that I was saved and doubted and wondered if I had been saved to begin with. I figured if I wasn't saved, I had to get saved, so I would ask the Lord Jesus into my heart and life to save me and then about 10 minutes later, would begin to doubt it. I would feel bad about doubting it and would ask Him to forgive me for doubting, then I would ask Him into my life again, thinking it was the last time I would do this, but then the doubts would start up again 10 minutes later. Then I would ask Him to forgive me for asking Him into my life so many times and not believing that He had come in, then on and on it went. I began to think I wasn't believing, and so therefore I was damned because I wasn't believing. The terror of these constant thoughts was hell itself! The constant fear I felt was torment. This went on for an entire year! I couldn't understand what was wrong with me and my family was very concerned. Eventually the Lord healed me, He gets all the glory.

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