



# Finding X: One Family's Solution to Obsessive Compulsive Disorder

*Joni St John, Ray St John*

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# Finding X: One Family's Solution to Obsessive Compulsive Disorder

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## **Finding X: One Family's Solution to Obsessive Compulsive Disorder** Joni St John, Ray St John

In Finding X: One Family's Solution to Obsessive Compulsive Disorder, the authors describe how their family has dealt with obsessive compulsive disorder (OCD). Many books that have been written by sufferers of OCD focus mainly on the symptoms of OCD and how those symptoms have affected their lives. This book strives to go beyond what most authors do and takes on additional topics, such as understanding what OCD is, treatment of OCD with exposure and response prevention therapy, and dealing with the aftermath of having OCD. This book also differs from others in that it uses the voices of two people, a mother, who has OCD, and her son, whose OCD threatened to take over his life until they fought it back. Using these differing perspectives, the authors describe how OCD and its treatment affect the lives of each family member. In their book, the authors describe the steps they took to heal from OCD and in doing so, hope to provide some guidelines for others who are also dealing with this disorder.

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