



The Power of the Mind: How I Beat OCD

Jeremy Bennett

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The Power of the Mind: How I Beat OCD Jeremy Bennett


Jeremy Bennett is a motivational speaker, mentalist, and entertainer who has appeared in television series filmed in Canada, the U.S., and the U.K. In this book he speaks out for the first time about his struggle with obsessive-compulsive disorder.

At the age of twelve, he developed a severe case of anxiety and an overwhelming need to exert control over it. Doctors said it was one of the worst cases of OCD they had ever seen. Furthermore, they told him it was incurable, that the incessant counting, tapping, opening and closing of doors - and myriad other repetitive behaviours - would stay with him for the rest of his life.

They were wrong.

Often a crippling mental disorder, OCD is the fourth most commonly diagnosed mental illness. This is the incredible true story of one man's triumph over it.

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