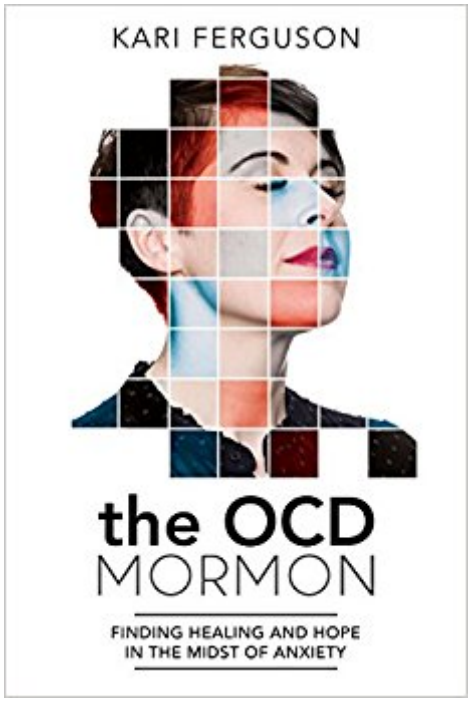
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The OCD Mormon: Finding Healing And Hope In The Midst Of Anxiety



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Synopsis

Mental illness is not a sin. Getting help shows courage, not weakness. These are just a couple of the messages Kari Ferguson has shared on her popular blog. After years of suffering herself, she’s teaching others to combat the stigmas surrounding mental illness, invite an open gospel dialogue, and keep fighting. Learn how to help yourself and those you love return to faith, service, and advocacy in this much-needed book.

Book Information

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Customer Reviews

Reading The OCD Mormon is an experience that has residually carried me to a greater sense of empathy and love for those dealing with mental illness. In the few weeks after reading, I have recommended the book to numerous people and recounted Kari's experience and advice within my community. In a culture that so often shies away from candid talk about what living with a mental illness entails, this book was pivotal in my understanding, which in turn is pivotal in my desire to love and help those who bravely live with mental illness. Kari has done an incredible job in being honest, gentle, generous, and practical about her story and experiences with OCD, in particular as it relates to her religious life as a Mormon. I sincerely hope this books reaches many people, regardless of having a mental illness or not. It seems a vital part in cultivating the body of Christ to learn to better understand others as well as ourselves.--Ashley Mae Hoiland, author of 100 Birds Taught Me to FlyÃ Â The OCD Mormon is much needed book for Mormons who struggle with scrupulosity, OCD, or other mental health matters and for those whose family members are

experiencing these problems. The personal story here is heart-breaking and hopeful at the same time, and the explanations of how to heal are clear.Ã Â --Mette Ivie Harrison, Huffington Post religion blogger and author of The Bishop's WifeÃ Â Kari's book reaffirms what I have learned to expect from her: fearless openness about a topic few are vulnerable enough to spell out and the unwillingness to let her or others like her merely suffer through it. Every person, whether they have OCD, or know someone with OCD, or just want to understand others better through a gospel lens, should add The OCD Mormon to their list of required reading.--Brittany Watson Jepsen, founder and creative director of The House that Lars Built

KARI FERGUSON is a mental health advocate and blogger who lives with OCD. She is the woman behind theocdmormon.com, encouraging openness and dialogue about mental health and faith. She is a contributing writer for The Mighty, a popular online resource for mental health and disabilities, and has written freelance for other publications including Utah Diners Guide, World Art Glass Quarterly, and Desert Saints Magazine. Kari received her BS from BYU in Recreation Management and Youth Leadership and her MA in Sociology from the University of London. After returning from her LDS mission to Washington DC South, she taught Writing for Mass Media and Media and Society courses at Utah Valley University.

This book was a beautiful and clear explanation of the symptoms and path OCD takes. The author tells her story, which is both vulnerable and insightful. A must read for anyone looking for a better understanding of mental illness and the paths to "recovery."

This story is at the same time, heartbreaking and inspiring. And also, incredibly instructional. It will remain a bedside table resource for me. I am grateful for Kari’s willingness to share. This book and her story will bless lives. Much love and respect for the author.

Wow! Kari Ferguson’s book is wonderful. I’ve been a Mormon my whole life and struggled with OCD almost my whole life as well. Kari has given voice to what I’ve felt for many years, but never had been able to express not knowing how to talk about it and also not wanting anyone to know either. Life is difficult in some ways for everyone. Especially when you throw mental illness into the mix. But one of the greatest things I got from reading Kari’s book is hope. Also understanding that other people have experienced this and know what I’ve felt. I highly recommend this book for anyone, but especially anyone in the LDS community who knows and loves someone who struggles with OCD

or any other mental illness. What she says has a lot of other application as well.

What a wonderful and powerfully insightful view ÃƒÂ¢Ã â ¬Ã Å“inside the mindÃƒÂ¢Ã â ¬Ã Â• of a young woman, daughter, mother and spouse with OCD. I never could imagine having to deal with this mental health issue the way she has. She shares her ups and downs and her incredible challenges with a ÃƒÂ¢Ã â ¬Ã Å“never-give-upÃƒÂ¢Ã â ¬Ã Â• attitude. A must-read for everyone, of any faith, who has, or needs to understand, this invasive mental health problem. Buy it. You wonÃƒÂ¢Ã â ¬Ã â„¢t be sorry.

This book was eye-opening in its honesty about what it is to have a mental illness in the midst of a religious setting. I've already recommended it to at least a dozen people. Ferguson walks the line between telling her story and giving useful and vital advice so well. This book should be read by as many people as possible, both those who have a mental illness and those who don't, particularly within mormonism.

Ferguson does an excellent job at openly telling her own story in a way that makes it interesting and helpful whether you are dealing with mental illness or not. I particularly appreciated how pragmatic she is, consistently bringing her narrative back to how to deal with these issues and how dealing with them can make life great. I really like how the cover art illustrates this point. To me, it is an image of the author showing peace while still dealing with fractures, shades, and obsessiveness of mental illness.

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