

ONE MAN'S STRUGGLE WITH  
OBSESSIVE COMPULSIVE DISORDER...

# CROWD

ALONE  
IN  
THE

JOE H. VAUGHAN

FOREWORD BY  
JOHN J. O'HEARNE M.D.

# Alone In The Crowd One Mans Struggle With Obsessive Compulsive Disorder

**TD Snyder**



## **Alone In The Crowd One Mans Struggle With Obessive Compulsive Disorder:**

*Alone in the Crowd* Joe H. Vaughan, 1993-07-01 ALONE IN THE CROWD chronicles one man s nearly lifelong battle with Obsessive Compulsive Disorder is believed to be the first book written by a victim of the disease in which the writer graphically details the symptoms that affected him Author Joe Vaughan s initial symptoms surfaced in 1956 at age eight The Foreword was written by well known Kansas City Missouri psychiatrist John J O Hearne a co author of a book about transactional analysis an internationally known lecturer on various psychiatrically related topics Dr O Hearne has treated Vaughan since 1964 In ALONE IN THE CROWD Vaughan relates how OCD left him virtually totally dysfunctional for a five year period in junior senior high school He began fighting his way back in the early 1960s using a primitive self designed form of behavior therapy long before such a method had been officially recognized by the scientific medical communities With psychotherapy chemical therapy his Christian faith grit good luck Vaughan graduated from the University of Kansas He has gone on to a successful noted career as a broadcast journalist civic leader in the Greater Kansas City area To order Joe H Vaughan Associates P O Box 8524 Prairie Village KS 66208 0524 913 384 6966 *Let's Talk Facts about*

*Obsessive-Compulsive Disorder* American Psychiatric Association, 1988-07 **Forthcoming Books** Rose Arny, 2000

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The Encyclopedia Americana ,2000 Chicago Tribune Index ,1995 **Encyclopedia Americana: Navajo to Opium** ,2006 **The Encyclopedia Americana** Grolier Educational Staff,2001-04 *Encyclopedia Americana* Scholastic Library Publishing,2006 New York Magazine ,1990-03-05 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea Ocd & Me Ben Gander,2009-01-23 Obsessive compulsive disorder or OCD is a debilitating very serious and common mental illness a far cry from the fad that popular culture has tried to turn it into *OCD Me* is a semi autobiographical tale which tells of one man s suffering and struggle to keep his family and his sanity After suffering in silence for many years when the extent of his illness becomes clear Mark is sent to a psychiatric hospital There he is forced to fight or to lose everything *OCD Me* is heavily based on my own experience of the illness I now lead a full and fantastic life with my wife and children I hope my story can help give hope to other sufferers and their families so that they too can turn their life around and enjoy it to the full *You're the One Behind the Curtain* Jon Davis,2009-05 An analysis of OCD and strategies to combat it lead off this book which chronicles the evolution of one man s OCD over the course of his life The argument presented is that everyone subconsciously has complete control over their OCD and decides their own rules and stipulations that wreak havoc on their daily lives Because of this it can be controlled These issues are addressed in the introduction as OCD is analyzed Ten strategies are then presented which will help those with OCD to keep it under control or to fight back so to speak The book then takes on a lighter tone as Jon travels through his life story explaining the evolution of his OCD as well as recounting humorous and entertaining stories from his life His childhood and teenage years are filled with tales of pranks and mild rebellion while he found himself reciting strange chants in his mind and repeating actions to ward off bad luck As he got older his misadventures with drunken friends took the place of superstition until he reached his twenties and faced some major life stressors At that point OCD got out of control He fought back with therapy research and medication and slowly got it back under control In the more recent years of his life his nieces and nephew act as fodder for humorous tales Because he has passed the point in his life in which he was forced to face severe OCD he feels he can help others with their struggle

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