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Triggered: A Memoir of Obsessive-Compulsive Disorder

Fletcher Wortmann

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*****AS FEATURED ON NPR'S *TALK OF THE NATION******

Imagine the worst thing in the world. Picture it. Construct it, carefully and deliberately in your mind. Be careful not to omit anything. Imagine it happening to you, to the people you love. Imagine the worst thing in the world.

Now try not to think about it.

This is what it is like for Fletcher Wortmann. In his brilliant memoir, the author takes us on an intimate journey across the psychological landscape of OCD, known as the "doubting disorder," as populated by God, girls, and apocalyptic nightmares. Wortmann unflinchingly reveals the elaborate series of psychological rituals he constructs as "preventative measures" to ward off the end times, as well as his learning to cope with intrusive thoughts through *Clockwork Orange*-like "trigger" therapy.

But even more than this, the author emerges as a preternatural talent as he unfolds a kaleidoscope of culture high and low ranging from his obsessions with David Bowie, X-Men, and Pokemon, to an eclectic education shaped by Shakespeare, Kierkegaard, Catholic mysticism, Christian comic books, and the collegiate dating scene at the "People's Republic of Swarthmore."

Triggered is a pitch-perfect memoir; a touching, triumphantly funny, compulsively readable, and ultimately uplifting coming-of-age tale for Generation Anxiety.

Fletcher Wortmann on OCD and sex:

"If a girl accepts an invitation to help count the tiles on your bedroom ceiling, then she will probably be disappointed when she realizes you were speaking literally."

…on OCD and religion:

"I have found Catholicism and obsessive compulsive disorder to be deeply sympathetic to one another. One is a repressive construct founded in existential terror, barely restrained by complex, arbitrary ritual behaviors; the other is an anxiety disorder."

…on OCD humor:

"By the sink, I noticed a perfunctory sign warning readers to wash their hands. It was scrawled with graffiti: NO YOU CAN'T GERMS ARE UNPREVENTABLE AND INESCAPABLE."

…on the seductiveness of OCD:

"Every so often, everything will work, and you will somehow convince yourself that you are safe, and the disorder will claim credit. I had struck a bargain with the OCD. The transaction was complete. In that moment I became subservient to it."

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From reader reviews:

Norman Brown:

Nowadays reading books become more than want or need but also turn into a life style. This reading addiction give you lot of advantages. Associate programs you got of course the knowledge the actual information inside the book that improve your knowledge and information. The info you get based on what kind of book you read, if you want drive more knowledge just go with knowledge books but if you want feel happy read one along with theme for entertaining such as comic or novel. The particular Triggered: A Memoir of Obsessive-Compulsive Disorder is kind of book which is giving the reader unpredictable experience.

Elizabeth Jamerson:

The guide untitled Triggered: A Memoir of Obsessive-Compulsive Disorder is the reserve that recommended to you to learn. You can see the quality of the guide content that will be shown to a person. The language that creator use to explained their ideas are easily to understand. The copy writer was did a lot of exploration when write the book, to ensure the information that they share to you is absolutely accurate. You also will get the e-book of Triggered: A Memoir of Obsessive-Compulsive Disorder from the publisher to make you a lot more enjoy free time.

Thomas Evans:

Spent a free the perfect time to be fun activity to do! A lot of people spent their sparetime with their family, or their very own friends. Usually they accomplishing activity like watching television, about to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? Might be reading a book can be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the book untitled Triggered: A Memoir of Obsessive-Compulsive Disorder can be excellent book to read. May be it may be best activity to you.

John Hill:

In this era which is the greater man or woman or who has ability to do something more are more precious than other. Do you want to become one of it? It is just simple method to have that. What you must do is just spending your time little but quite enough to possess a look at some books. One of many books in the top listing in your reading list is definitely Triggered: A Memoir of Obsessive-Compulsive Disorder. This book that is certainly qualified as The Hungry Mountains can get you closer in turning into precious person. By looking upwards and review this publication you can get many advantages.

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