



Out of the Rabbit Hole: A Road Map to Freedom from OCD

Sheri Bloom, Suzanne Mouton-Odum

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Over six million people in the United States suffer from an anxiety disorder known as Obsessive Compulsive Disorder. The average person takes seven years before getting help for OCD. With over fifteen years of experience treating patients struggling with OCD, Dr. Suzanne Mouton-Odum offers readers hope and guidance for conquering what is a very treatable problem. Fiction writer, Sheri Bloom, a woman who was diagnosed and mastered OCD, shares an intimate account of her personal journey out of the land of compulsions and into a world of freedom. *Out of the Rabbit Hole: A Roadmap to Freedom from OCD* is part journal, part therapy and one-hundred percent inspiration for tackling an often unspoken, yet common disorder.

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