



# 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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#### **Bill Underhill:**

Often the book Triggered: A Memoir of Obsessive-Compulsive Disorder will bring you to definitely the new experience of reading a new book. The author style to elucidate the idea is very unique. In case you try to find new book to read, this book very appropriate to you. The book Triggered: A Memoir of Obsessive-Compulsive Disorder is much recommended to you to see. You can also get the e-book through the official web site, so you can more easily to read the book.

#### **Blanche Watson:**

A lot of people always spent all their free time to vacation as well as go to the outside with them family members or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity this is look different you can read the book. It is really fun for you personally. If you enjoy the book which you read you can spent all day long to reading a reserve. The book Triggered: A Memoir of Obsessive-Compulsive Disorder it doesn't matter what good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space to bring this book you can buy often the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not very costly but this book has high quality.

#### **Theresa Adams:**

You may spend your free time to read this book this publication. This Triggered: A Memoir of Obsessive-Compulsive Disorder is simple to create you can read it in the park, in the beach, train in addition to soon. If you did not include much space to bring the particular printed book, you can buy often the e-book. It is make you easier to read it. You can save the book in your smart phone. And so there are a lot of benefits that you will get when one buys this book.

#### **Robert Dougherty:**

With this era which is the greater individual or who has ability to do something more are more precious than other. Do you want to become certainly one of it? It is just simple way to have that. What you should do is just spending your time not much but quite enough to have a look at some books. Among the books in the top checklist in your reading list is actually Triggered: A Memoir of Obsessive-Compulsive Disorder. This book that is qualified as The Hungry Mountains can get you closer in turning into precious person. By looking upward and review this reserve you can get many advantages.

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