



## **A Secret Life: Enduring and Triumphant Over OCD - Obsessive Compulsive Disorder**

For 40 years, Jim Juliana lived a secret life, a life which constantly felt out of his control. Jim was plagued by repetitive thoughts and/or actions that interfered with his daily activities. Jim suffered from an undiagnosed form of mental illness; a phobia now known as OCD: obsessive-compulsive disorder. His emotional pain and psychological suffering were at times almost unmanageable. In his mid-sixties, the author, a loving husband, father and accomplished high school teacher and athletic coach, discovered a unique psychologist within the Denver therapeutic community, who utilized a radical but highly successful treatment that has enabled Jim to almost completely control his OCD symptoms.

“A Secret Life” is one of the few books written about OCD by an OCD sufferer. It describes the pain and chaos that this illness can cause not just the victim, but those closest to him. This story doesn’t stop there. “A Secret Life” provides readers with options and advice for dealing with OCD from someone who broke the curse of living a secret life. Now he’s ready to share his story in order to help others.