



## About James S. Juliana

Jim Juliana was a hard-working family man with a devoted wife and adoring children.

As a teacher, he taught numerous subjects over a 28-year career, was an assistant principal/athletic director for three years and mentored generations of youngsters in the classroom and in athletics.



Juliana was a coach for four varsity sports, including twenty-four years as a head coach at the high school level. Coach Juliana has been a part of two state championship teams, a city championship team and several league title teams. He spent two years as a college instructor and football coach.

But Jim Juliana had a secret life, one over which he had had no control. For most of his life, he also fought - and eventually defeated - an embarrassing and almost debilitating OCD.

OCD, or obsessive-compulsive disorder, is an anxiety disorder that affects three to five million adults in the US each year. OCD involves irrational fears or repeated thoughts or obsessions that drive an individual to engage in repetitive behaviors or compulsions. Jim Juliana's life was finally changed when he found a therapist whose treatment all but eliminated his OCD incidents. *"A Secret Life"* chronicles Juliana's life-long battle against his OCD and provides readers options and information for treatment based on his experiences.