



OCD: Not Crazy, Just Insane: My Life As A Mom And Wife With OCD

Tammy Bacon

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My world changed after a traumatic c-section and subsequent infection nearly took my life. Irrational thoughts and fears replaced the calm, fun-loving, logical person I used to be, and I have been living with OCD for seventeen years. This isn't just another self-help book but if it does help you in some way, even to help you feel less alone in the scary and constantly demanding world of OCD, then I have accomplished my goal. This is my story about living with OCD and Multiple Chemical Sensitivity while balancing the demands of raising a family and taking care of a home.

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