



Rule OCD: 20 Tips To Overcoming OCD

Wells R Baum

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This book provides 20 tips and **actionable** steps to help you better control your OCD. It's based on the real life experiences of Wells Baum, who discovered he had the disorder at 25 and created his own ways to break free from OCD's mental prison, including turning bad thoughts into instruments for creativity.

Rule OCD: 20 Tips to Overcoming OCD may also be helpful for people with general anxiety and self-doubt.

Remember, you are not your OCD. Accept your thoughts and move on.

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