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research & help on anxiety symptoms, we talked to Alison Dotson, author of Being Me with OCD: How I Learned to Obsess Less and Live My Life,

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Alison dotson - gravatar profile

Alison Dotson. I am the author of Being Me with OCD: How I Learned to Obsess Less and Live My Life, a nonfiction book for teens and young adults with OCD.

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Alison Dotson is a former OCD sufferer, advocate, and author of Being Me with OCD: How I Learned to Obsess Less and Live My Life. You can learn more about her

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About me | alison dotson

Welcome! I am the author of Being Me with OCD: How I Learned to Obsess Less and Live My Life, a nonfiction book for teens and young adults with OCD.

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Alison dotson | author, ocd advocate, book lover

Elizabeth inspired me so much I asked her to write the foreword to my book, Being Me with OCD. (Thanks again, Elizabeth!) Follow Alison Dotson

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Thank you so much! I hope to continue spreading awareness as long as it takes for people to truly understand what OCD is. Take care! The book is an electronic book

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