



“In 'Leaving the OCD Circus', I take down my mental bully piece by piece and teach my readers how to do the same thing” -K. Pagacz

ABOUT THE BOOK



"Leaving the OCD Circus" reveals the story of Pagacz's traumatic childhood and the escalation of her disorder—demonstrating how OCD works to misshape a life from a very young age. She describes the torment of her OCD from the inside. Fellow sufferers will feel understood; families and friends will gain unique insight into what their loved one is experiencing.

Her compelling narrative abounds with powerful metaphors. Employing a creative scrapbook format, and using photos, illustrations, and original poems, Ms. Pagacz enhances the text with a power only art can convey. Beyond the descriptive narrative, however, is a compendium of useful information about the disorder and how to best manage it. Drawing on what worked for her, and based on researching expert advice, chapters contain a summary of useful tips and key points to remember. Ms. Pagacz explains the various tools she used for healing like stress management, ERP (Exposure Response Prevention), CBT (Cognitive Behavioral Therapy), mindfulness practice, yoga and meditation. .

“The result is educational and inspirational. This self-help book based on her recovery is a highly valuable, and unique gift to the OCD community.” Dan Kalb, PhD—Psychologist, OCD specialist

AUTHOR BIOGRAPHY



Kirsten Pagacz is the founder of Retroagogo.com, a successful online seller of retro kitsch: apparel, accessories and home décor. She suffered from OCD for two decades before discovering it had a name. Before founding her own company, she worked in marketing and sales for a number of Fortune 500 Companies. She is a member of the International OCD Foundation, and an IOCDF convention speaker.



ABOUT THE IMPRINT



Conari Press is an imprint of Red Wheel/Weiser and publishes non-fiction books that range in topics from spirituality, personal growth, relationships to women's issues, parenting and social issues. Their mission is to publish books to live by and that will make a difference in people's lives. www.redwheelweiser.com

AUTHOR CONTACT

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YOUR PEACE IS WITHIN REACH

Right now is a great time to start healing and taking the first steps towards your big happy life. Get your copy of "Leaving the OCD Circus" today.

NOTABLE ENGAGEMENTS



International
OCD
Foundation

www.leavingtheocdcircus.com