



# Fighting the War Against OCD: A Season in the Life of Gregory Gene Conrad

*Gregory Gene Conrad*

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**Fighting the War Against OCD: A Season in the Life of Gregory Gene Conrad** Gregory Gene Conrad  
What does it feel like to have OCD? This is the question at the heart of Gregory Gene Conrad's memoir. This first-hand account offers a brief, but powerful, glimpse of one man's journey inside the world of OCD. More importantly, it contains his day-in and day-out struggles to battle this oppressive monster, regain his freedom, and take control of his life. It is a tale of victory and defeat. It is a tale of endurance and survival. Chiefly, though, it is the opportunity to walk in the shoes of a son or a daughter, of a husband or a wife, or of a friend or acquaintance who has been diagnosed with this debilitating and often paralyzing disease. It is the chance to better understand what your loved one is going through and why they do the irrational things they do despite the destructive consequences that they face...and then repeat them over and over again.

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