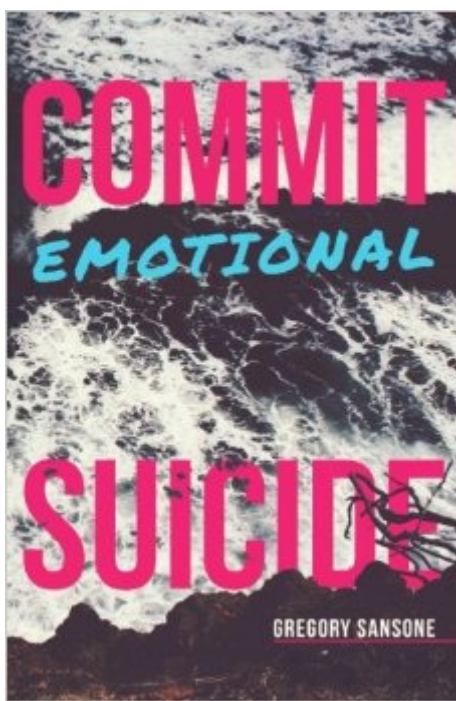


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# Commit Emotional Suicide



## Synopsis

Gregory Sansone is a speaker, writer, and personal life coach. In his endeavors he spends a significant amount of time coaching those in recovery from OCD and related disorders. He has had OCD for 33 years now and has successfully navigated his way through. This book is an expression of his deep seated passion and desire to reach those suffering in shame and isolation as he knows all too well. Commit Emotional Suicide encompasses his story and profound recovery from OCD and depression. He also shares powerful tips, profound strategies, subtle distinctions, and critical nuances which were and continue to be paramount in his recovery.

## Book Information

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Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,310,181 in Books (See Top 100 in Books) #151 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #92230 inÂ Books > Self-Help

## Customer Reviews

Very dynamic! Motivating!

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