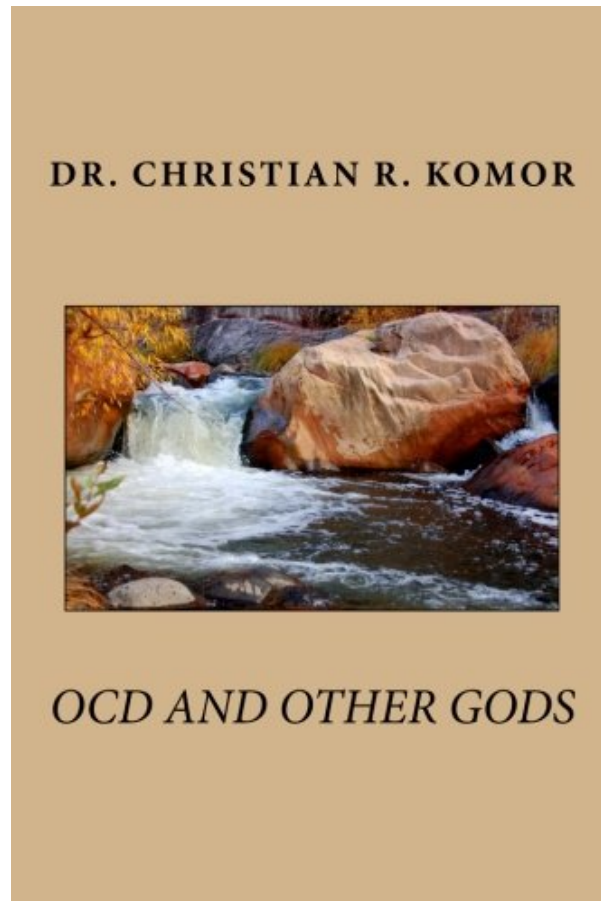


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About the Author

Dr. Christian R. Komor's 30 year career as a clinical psychologist, author and photographer has taken him from the darkest corridors of maximum security prisons to windswept cliffs in the high desert of the American Southwest. Dr. Komor has been the focus of dozens of television and radio talk shows and print media interviews in over 100 cities across the United States. He is the founder of KEI Global and it's subsidiaries the Young Driver Safety Institute and the OCD Recovery Center. KEI Global develops books, media, seminars and presentations based on Dr. Komor's innovative work. Chris is currently the author of eight books spanning twenty years starting with *The Power of Being* (1992, 2012) and most recently *EarthSpirit!* (2012). He works as a member of a Sheriff's Search & Rescue team near his home in Sedona, Arizona.

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With the goal of reclaiming our natural spontaneity and aliveness, OCD and Other Gods presents a multifaceted approach to healing from obsessive and compulsive lifestyles. While acknowledging the importance of traditional interventions such as SRI medication and exposure and response prevention behavior therapy (ERP), the reader is provided with nine additional interlocking elements essential to OC-Spectrum recovery including: • Unique complementary and alternative medicine tools • Preventive self-care and lifestyle skills • Stress and anxiety management techniques • Obsession-inoculation and cognitive restructuring strategies • Pathways for recovering the natural doing-being balance • Techniques for transcending aliveness-blocking fears and personality dynamics • Peer and family support elements • Relapse prevention • Links to educational resources and support organizations All of these innovations are designed to assist the reader in the central task of transforming both core and obsessional fears and reclaiming the individual's ability to experience spontaneity and the joy of "being". OCD and Other Gods is must reading for all people with OC-Spectrum Disorders, or who find themselves trapped in any compulsive lifestyle and who wish to recover the keys to aliveness and centered spontaneity that is the paradoxical gift waiting to be unwrapped at the core of compulsion.

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