

# Know Your OCD

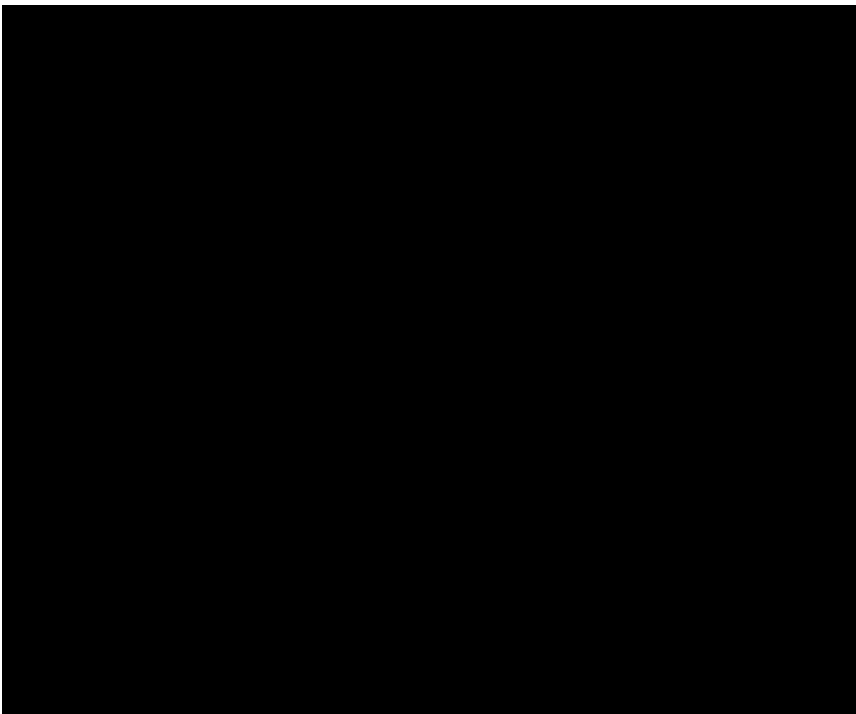
Sunday, 15 March 2015

## Video - Living With OCD - Elizabeth McIngvale

Hello people,

Came across a video of a gritty (and beautiful) woman called Elizabeth McIngvale who has been battling OCD since she was 12 years old. She is the founder of Peace of Mind, a non-profit organization for people with OCD. She became the national spokesperson for the International OCD Foundation at 18.

At one point doctors believed McIngvale's OCD was too severe to be treatable. Her rituals included having to repeat menial tasks 42 times, an obsession with religious symbolism, and washing her hands over 100 times a day. (Wikipedia)



Enjoy the video in which she talks about Living with OCD. Beautiful woman, beautiful video.

More strength to you!

- Sunil

Posted by **Sunil Punjabi** at 09:00



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