



Body Punishment: OCD, Addiction, and Finding the Courage to Heal

Maggie Lamond Simone

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Body Punishment: OCD, Addiction, and Finding the Courage to Heal Maggie Lamond Simone

Maggie Lamond Simone details her experience with recovery from Obsessive-Compulsive Disorder and addiction. Her painful journey provides insight for the thousands of others who similarly cut, starve, pick, drink, pluck, purge, and otherwise hurt themselves in private in order to survive in public. She also explores the issues of substance abuse, anxiety, and depression that commonly occur with OCD.

Maggie Lamond Simone is an award-winning columnist and author. Her first column anthology, *From Beer to Maternity*, was released in November 2009. She has a black belt in Kenpo karate and a master's degree from the Newhouse School of Public Policy.

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