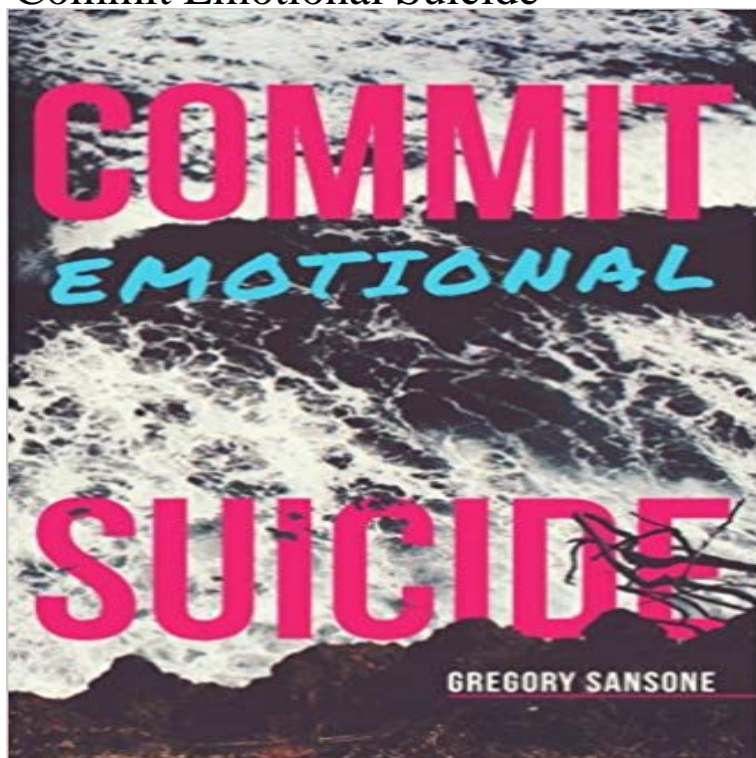


Commit Emotional Suicide



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 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.

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