



# OCD: A Life Among Secrets

## Steven Diamond's latest book, OCD: A Life Among Secrets, reveals the following:

Identifies the symptoms of Obsessive-Compulsive Disorder. Shows how to help someone you believe suffers from OCD.

Discusses the causes and influences that could trigger anxiety and OCD. Shares details on the types of available treatment and lists where to get help. Explains how so many people fail to get diagnosed properly. "OCD robs you of quality of life," says Steven Diamond. "It steals not only the time wasted doing repetitious rituals over and over, but it clouds your ability to think clearly, and to see the reality of situations around you. You do things that you realize are irrational, but you can't help doing them, and the fact that you do them only makes you feel more anxious about doing them in the first place."



## The BAD news:

1 in 50 Americans suffer from Obsessive-Compulsive Disorder. Over 50,000,000 Americans suffer from Chronic Anxiety every day.

## The GOOD news:

Though there doesn't exist a cure, effective treatment can put an end to suffering for millions of people.

Steven Diamond, a professional Las Vegas magician, author and producer, seen by millions world-wide on the hit Netflix TV series "Tiger King - The Doc Antle Story", has performed for over three decades in more than thirty nations and entertained millions of people, had silently suffered with an undiagnosed illness that brought him to the brink of suicide.

But at age 30, after seeing his 8th therapist, he finally was diagnosed with Obsessive- Compulsive Disorder, a vicious illness that leaves its suffering victims with a paralyzing fear, endless obsessions, and insatiable compulsions that torment the soul. Now, with medication, therapy, and education, he is living a fulfilling, functioning, enjoyable, and normal life.

By sharing his powerful, first person account, he wants to give something back and help those who are going through what he calls "an unbearable hell." Millions of Americans will meet Steven Diamond and see a mirror image of themselves.

"I want people who suffer from Obsessive-Compulsive Disorder -- many of whom don't even know they have it -- to understand they are not crazy, that they are not alone, that it's not their fault, and that they can be helped to live a productive life," says Steven Diamond.

The professional illusionist and certified hypnotist, who lived most of his tormented life with OCD, has interviewed hundreds of fellow sufferers, consulted numerous doctors and therapists, and culled through thousands of hours worth of research in search of answers. Later he would develop a critically acclaimed on-line digital course called "Life Skills Master Class" where he teaches people how to manage their anxiety, stress and even shyness using evidence based critical thinking techniques to rewire their brains.

**Steven, 53, began suffering from OCD at age 7, but it wasn't until years later that he sought help, and when he did, he spent more years in search of a doctor who could properly diagnose and treat him. He shares with us a stirring account of a life that has experienced many setbacks, losses and pain. Not only did he suffer from OCD, he has lived through the following:**

- Discovered a horrific crime scene at age 9, stepping into puddles of
- blood from the dis-membered body of his friend's mom.
- Shattered the cheekbone of a bully with a baseball bat while in fifth grade
- Was raped at age 12 by a professional magician at a magic convention whom he saw as a hero -- and then was confronted by him again years later.
- His mother was physically abusive and suffered a mental illness and multiple breakdowns.
- His parents divorced before he was a teen-ager; his father remarried and he lived with an abusive step-mom who eventually died while incarcerated in a mental hospital. As a struggling Las Vegas magician, he became homeless and lived on the streets with squatters for over a year, befriending someone who was listed as missing on a milk carton, eating out of garbage cans, and earning money as a "dip" -- pickpocket. "OCD and anxiety is devastating to the victim -- and the victim's family -- emotionally and financially," says Diamond. "But it doesn't have to be this way. For me, the difference between ending my life and living forever was 40 milligrams. OCD is a brain disorder -- a chemical imbalance -- that can luckily be controlled with medication, therapy and Education."

**For Steven, he defied the odds of surviving by immersing himself in a magic career. As a high school teen in the early 1980s, he was earning \$1000 a weekend while performing magic. It was a constructive application of his obsessions that "saved my life," says Steven. Many people had given up on him. Even his teachers thought he was retarded and placed him in Special Ed. But he persevered though he constantly contemplated the ultimate disappearance -- suicide. Steven's gripping story of survival reads like a movie-of-the-week because he overcame great odds to live a normal life. He is now helping others by giving back to the community. He January of 2021 he launched a completely new updated version of his acclaimed "When Anxiety Attacks: What To Do And How To Make It Disappear" stress and anxiety course.**

Publication Data: OCD: A Survival Guide To A Life Among Secrets by Steven Diamond; Released November 1, 2004;

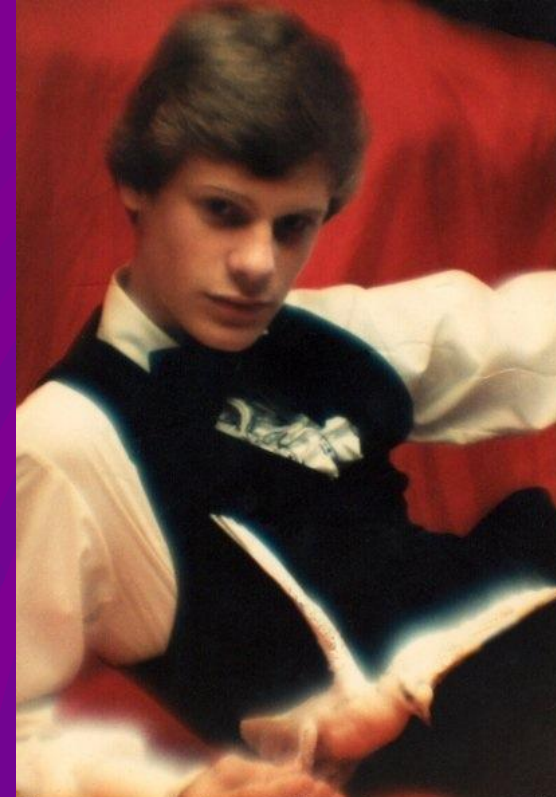
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# Biography

“Steven displays the utmost professionalism with his talents. He immediately forms a warm rapport with his audiences, and extends that same congeniality offstage as well. Steven is as enjoyable to work with, as he is to watch perform. He is eager to learn about the cast he works with, and is excellent at fitting his talents into the environment in which he performs. Steven is dependable, helpful, and a true professional.”

-- The Osmond Brothers.



Steven Diamond has performed magic and illusion for the past three decades around the world, appearing in England, Germany, Korea, Brazil, France, Chile, Argentina, Colombia, Puerto Rico, and dozens of other nations. And as he performed before large crowds he left hidden his greatest secret: he suffers from Obsessive-Compulsive Disorder. He reveals his story in a new book, "OCD: A Life Among Secrets".

Steven knew he wanted to be a magician ever since his father took him to his first magic show at an amusement park at the age of 7. By the time he was 12 he was a hit on the corporate convention circuit raking in hundreds of thousands per year. In high school he was performing and touring his very own two- hour illusion show that included real lions and tigers. A tragic story of surviving the grips of an evil mastermind cult leader. A story he now tells in the hit Netflix TV series "Tiger King 2 - The Doc Antle Story".

Today he is a keynote speaker and corporate trainer on the topic of "Stress in the workplace", with his popular multimedia presentation entitled: "What The Tigers Taught Me" where he captivates his audiences with his wild stories of working with exotic lions and tigers, he now demonstrates the life lessons these endangered beasts and surviving a cult taught him. A Netflix Documentary about Steven's life story is now in production. Steven resides in Las Vegas, Nevada.

For more information, please visit: [www.stevendiamond.com](http://www.stevendiamond.com)

# All About Obsessive- Compulsive Disorder (OCD)

## What Is OCD?

Obsessive Compulsive Disorder is an anxiety disorder that has been linked to chemical imbalances in the brain. One of the weirdest things about OCD is that you are clearly aware that your behaviors are totally irrational, yet you find yourself powerless to stop them. Your worries, doubts, fears, depressions, and even self-made superstitious beliefs simply become a way of life for you. Sufferers of OCD can be driven to hours of exhaustive behavior, such as washing your hands over and over and over. OCD gets you stuck on a particular thought or ritual or gives you an uncontrollable urge and forces you to stick with it.

## What Is Obsession?

There are two components to OCD. The first being the obsessions. By obsessions we mean any thoughts, images, or impulses that occur over and over again, making the sufferer feel totally out of control. If you don't want these ideas, find them disturbing, and intrusive in nature, and you realize that they don't really make any sense at all, you may have OCD.

Another side to OCD is that it often fills you with fear, disgust, doubts, or a sensation that things have to be done in a "special" or "exact" way.



## What Is Compulsion?

The second component is, of course, the actual compulsion itself. People with OCD typically try to make their obsession go away by performing compulsive actions.

Compulsions are defined as any act the person must perform over and over for a reason that only makes sense to the OCD sufferer and him alone. The sufferer often has certain rules that go along with the ritual. He feels that he must follow these certain rules exactly or he must start all over and do it again.

## When Can OCD Begin?

OCD can begin at any time from preschool to adulthood, usually before a person turns 40. About one-third to one-half of adults with OCD report that it started for them during childhood. Unfortunately, OCD is most often misdiagnosed as ADD or ADHD. Many health care providers are not familiar with the true symptoms or are not trained in providing the right treatments.

## Is OCD Inherited?

The jury is still out on this one since no specific genes for OCD have been identified, yet. Most researchers suggest that genes do play a role of some sort in the early development of the disorder.


# What About Treatment?

The first step in treating OCD is education. For this reason, Steven created a digital audio course called “OCD - The Missing Manual Of Answers” that answers all of the hard questions of what to do if you or someone you love might have OCD. (Available at [LifeSkillsMasterClass.Com](https://LifeSkillsMasterClass.Com))

First, educate the sufferer, and then the family. Both need to be carefully informed about the possibility of treatment of OCD as a medical illness. Over the last 20 years or so, two effective treatments for OCD have been developed. One is called Cognitive Behavioral Psychotherapy or (CBT). The other is treatment using medications with a Serotonin Re-uptake Inhibitor or SRTs.

# Do You Have – Or Know Someone Who Suffers From – OCD?

## 14 Symptoms To Watch For

<b>1.</b> Checking switches, doors, locks, stoves and other things repeatedly throughout the day, every day.	<b>2.</b> Counting throughout the day, silently or out loud, while performing normal, everyday tasks.	<b>3.</b> Feeling compelled to do certain things a specific number of times.	<b>4.</b> Arranging things in an extremely orderly way with a set of rules for how they must be done. Usually it makes no sense to anyone except the OCD sufferer.	<b>5.</b> Being haunted by pictures, words, or phrases (sometimes disturbing, sometimes nonsensical) that refuse to go away.
<b>6.</b> Hoarding of objects with (usually) no apparent value.	<b>7.</b> Fearing contamination; obsession with germs and cleanliness.	<b>8.</b> Imagining having harmed self or others.	<b>9.</b> Imagining losing control of aggressive urges. This would be a checking compulsion.	<b>10.</b> Intrusive sexual thoughts or urges. This would be a touching compulsion.
<b>11.</b> Excessive religious or moral doubt. This falls under the counting compulsion.	<b>12.</b> Forbidden thoughts. This would be an ordering/arranging compulsion.	<b>13.</b> A need to have things just so or what is sometimes referred to as being a clean freak. This is a case of hoarding or saving of objects with no value.	<b>14.</b> A need to tell, ask, or confess.	

# OCD: A Life Among Secrets

## Excerpts

1 in 50 suffers from OCD

“One in fifty is feeling alone while being completely surrounded by people who care. One in fifty is feeling horribly guilty and blaming herself or himself for things they are not fully responsible for. One in fifty cries every day of his or her life and has no idea why. One in fifty will suffer a lifetime of thinking he or she is going insane and has to be stopped before he or she hurts someone or themselves. One in fifty is living a secret life of loneliness, hate, anger, and deep depression while smiling and looking great the whole day through. All the while these people feel that they are the only ones. One in fifty might actually commit suicide when they could have ended the craziness instead of ending a precious life. Someday all of the one-in-fifties will hopefully find the way to professional help. No one on this earth is better qualified to tell you all of this than someone who’s been there, someone who was in a really bad way. I used to be a one-in-fifty and I survived. So can you.”

## Inside the OCD mind

“The only thing that registers in the OCD mind is to do whatever ritual you do and do it harder, longer, better. Because you are convinced that these rituals will provide you the relief you seek. It’s a lie the OCD sufferer convinces themselves is true. So they do it all over again. If things aren’t improving, it’s all your fault because you’re not trying hard enough! Although the rational portion of your mind knows this is a complete pile of steaming cow poop, the OCD sufferer can’t do anything to stop it, not without therapy and medication. Any event seemed overwhelming to me. I began to fall apart inside.

Magic was his escape – and his addiction “When I say that magic was my escape, I mean that in the same way that a drug addict or an alcoholic uses chemicals to ease pain and escape temporarily from real life problems. I used magic. To me, magic became more than a collection of tricks and books of secret instruction. It was my only friend and it had never abandoned me, it was always there. In my mind it was a living entity not unlike the imaginary friends younger children will sometimes play with when left alone. I used my magic as a safe sanctuary. Magic became my safe place that I controlled. A place without pain or disappointment, without things I didn’t understand. Whenever I found myself afraid, when the OCD cycle whirled about in my head, I would enter the secret world of magic and lock myself inside. This retreat from the real world is true of any addiction.”

# Only magic mattered

“In this case, OCD was a double-edged sword. My obsession with magic made me very good at what I was doing, but my obsession also prevented me from enjoying anything else in life. I had pinpoint focus, sometimes called tunnel vision, and could see, smell, hear, taste and feel nothing else. Though I loved performing magic, the downside was the compulsion to practice for endless hours. Nothing could stop me. Nothing else mattered. Not food, not water, nothing.”

## Excerpts

### OCD controls your life

“OCD controls you and everything you do. Every decision, every thought, every action taken or not taken. I sometimes refer to my OCD as “My Pimp” because it does the very same thing a pimp does to his working girls on the street. OCD completely controls your life. I became obsessed with magic out of my fear of not understanding what was happening in the real world around me. The only good and positive thing in my life at that time was magic. So that’s exactly where I retreated to. My experiences in the real world were less than heartwarming. Yet, when I performed magic, everyone gathered around. We move closer to that which gives us good results or comfort in our lives and away from what gives us bad results or pain. As humans, we are hardwired that way. For a long time in my life, my magic was the only good thing. It gave me something to focus on and a way of blocking out all that I didn’t understand.”

### The rape

“The nightmares, the sheer trauma this single moment in time would cause me in later years is simply overwhelming. Never mind the fact I have OCD. For so many years I was ashamed of what happened. It was the darkest place I knew. A secret so guarded that a person would do anything it takes to keep it, even if it meant having to create a brand new identity. A new me, because the old me was used and dirty, full of sin and very ugly. It was the natural thing to do in my mind.”

## **Abusive, depressed mother**

“I knew something was wrong with her, but I was too young to really put my finger on it. Instead I watched her, and heard her endless screaming and yelling and experienced extreme violence by her own hands. She was angry. Always unhappy, she began to hit and be abusive. One night, she kicked me in the stomach so hard that I began to cough up blood. I was often locked in a closet for hours just so she didn't have to look at me. She didn't want me and made that clear. She told me often that I was a mistake and she wished I had been aborted.”

## **The advantages of OCD?**

“I believe that people with OCD, specifically people with anxiety disorders, would tend to manage a sudden crisis somewhat more effectively than the population at large. Where most people become completely overwhelmed by the unfolding tragic events, the person with OCD lives with trauma every single day. The very nature of OCD is a relentless mental effort to process and prepare for life's most extreme scenarios.”

## **Helping someone with OCD**

“So what happens if someone you know has OCD or you think someone has it? What do you do if someone you love, even a parent or other family member seems to have what you believe to be OCD? What do you do? How do you intervene? “Whatever you do, do it gently and in a very positive way. It's no one's fault. The individual will likely have a very low self-image already. The more critical you are, the more depressed he or she will become and the deeper he or she will go. Very often people with OCD do not realize that they have a specific biochemical disorder that can be treated. They may think that they are slowly losing their mind or, as in my case, actually going crazy.”



# Q&A *with* Steven Diamond



**Q: Steven, you have suffered from OCD and Depression since you were seven. Please tell us what that's like?**

"It's a horrible secret personal hell. In most cases, it's a life sentence without parole. Mental self abuse, is excruciating torture that no human should have to endure. Life is hard enough without your brain fighting against you every step of the way. It's like living two completely separate lives neither of which you are in control of. You feel completely alone and isolated even though you may be totally surrounded by many people everyday. In my book, I describe it as having lived your entire life in black and white and only being able to see through a locked key hole in the door. The lucky one's learn to somehow endure the pain and find ways to cope in the real world. Just imagine for a moment that your brain commanded you to walk through a door a certain way exactly five times. Not four or you'll have to go back and start over again. And, you must do it exactly the way your brain tells you is the "right way". It's not just a certain door, it's every door for the rest of your life. If you don't do it and do it the right way... really bad things will happen. People might die. The world will end. Now imagine having 100 of those stupid little rules you must follow everyday of your life until your heart beats no more. That's what it's like. It's exhausting."

**Q: Your saving grace was to retreat into the world of magic. You toured over 30 countries and have performed before millions of people. Do OCD sufferers typically channel their energy the way you did?**

“Typically? No they do not. However, many do find ways to function in an everyday environment. Most of the time, you will never really know that a person has OCD or is suffering even right in front of you. People have to work and eat.

Those are very powerful motivators. OCD by its very nature is a secretive disorder. You become very good at hiding your symptoms or masking them in a certain way so that your rituals seem like just a funny thing about your personality. In extreme cases like mine, people eventually become non-functioning. At that point you are unable to live among the masses and most retreat within themselves eventually becoming shut-in’s. The advent of the internet has only made this problem worse and even more easy to accomplish. In this day and age of technology who needs to ever leave the house? We can find everything we need on the internet. The grocery store will deliver everything to your door step, we can pay bills online, go to the bank on-line and so the need for face to face human contact has become nearly a thing of the past. Magic and my hopes of performing in front of a live audience are what kept me alive. I had something to hope for, a dream to believe in. Commanding a stage in front of thousands and hearing that laughter and applause is the most addictive drug I know of. Most people with serious, life debilitating OCD eventually give in to the disorder, give up on the concept of a normal life, become shut-ins, or become homeless permanently. Tragically, many take their own lives just to escape the internal hell of daily existence. The numbers are astounding.”

**Q: What are the symptoms of OCD?**

“The symptoms of OCD can take on many forms. 80% of people with OCD develop some sort of a ritual. It’s not always to the extreme that I had it. For example... It could be incessant hand-washing, repeated counting, checking things you have done over and over again or a certain number of times, ordering or arranging things a special way or even obsessive prayer is a form of OCD. Lots of people with OCD are hoarders. They keep everything they find. Most of the time the stuff they keep is trash to anyone else but them.”

## **Q: What should one do if they know someone they suspect has OCD but hasn't been diagnosed?**

“Tread Lightly. Educate yourself first. Education is the key. Go to my website [LifeSkillsMasterClass.Com](http://LifeSkillsMasterClass.Com) and watch the short video called: “OCD - The Missing Manual Of Answers”. It will tell you everything you need to know in advance and answer most of the questions you and your loved ones will have. That having been said, my advice would be to use the utmost compassion and care when approaching them with the subject of getting help. If it's not done right, you run the risk of losing contact with that person. The thought of getting help to most will be terrifying. It's the unknown. They will have all kinds of crazy things going through their minds. The worst thing you can do is to try and force them to get help. You will only make matters worse and the patient is likely to hate you. For them, what you are doing is wrong and very painful to experience. Any disruption of the “flow of things” is very painful to go through. On the flip side, if you educate them in a soft, gentle manner and allow them to see for themselves that they need help, it suddenly becomes their idea and they can handle that. In the audio I mentioned I teach you exactly how to do this the right way.”

## **Q: Is OCD inherited? What causes or triggers it?**

“Officially, we do not know if it is inherited or not. However, I strongly believe that it is. I had a mother with a severe case of religious OCD and a sister who's questionable who has a daughter currently on medication for OCD. There is no question in my mind where I got OCD. I am exactly like my mother. I have talked with hundreds of people struggling with OCD around the world who all seem to have some sort of a family connection. The triggers can be anything.

There are days when the simplest little thing can set a person off into their cycle. Other days the entire world could collapse before you and you just wouldn't notice. It really depends on the many factors that surround you at that very moment.”

## **Q: Why does it take so long to get diagnosed accurately and treated Properly?**

“It’s actually getting better these days. More and more doctors are being properly educated, trained and better informed about diagnosing OCD. In the past, OCD was often misdiagnosed as ADD (Attention Deficit Disorder) which happened to me. I went through 8 doctors over the years before I found the right one. Being misdiagnosed today is not as easy as it was in years past. However, there is still a lot of education to be done. I sort of see that as being my role these days. I want people to know that help is there, people care and they are not alone in this.”

## **Q: Is the government or healthcare system doing enough to help those with OCD?**

“Absolutely, unequivocally NOT! Our government is a broken entity and no longer cares about the people it serves. You only have a bunch of self entitled legislators all fighting for their own self interests. There are 50+ million Americans in this country who do not have health insurance and I think it’s a governmental crime.

Not just for people with OCD, but anyone with anything. It’s not going to change anytime soon because the fat cats in Washington all have health insurance. Take away their insurance and force them to pay for medical care like the rest of us and you’ll see just how fast the health care problem in this country gets solved.”

**Q: Steven, how did you finally get diagnosed for OCD and what type of treatment has helped you?**

“I was on stage with the Osmond Brothers when I had my breakdown, through them, I finally found a doctor who was an OCD specialist. They have a lot of OCD in that famous family. The treatment is basically in two stages. First you have the Acute Phase. This is treatment aimed at ending the current episode of OCD. Next you go into the Maintenance Phase. This is treatment aimed at preventing future episodes of OCD by teaching you real life skills that will allow you to break the cycle and gain more control. It’s called Cognitive-Behavior Therapy (CBT).”

**Q: You call yourself a survivor. What allowed you to cope with OCD long enough to get professional help?**

“Two things. The first is my sense of humor. Without it I would never have made it this far. I never stopped laughing. I really developed a unique perspective as a way of blocking out traumatic events in my life. I learned quickly that if I laughed at them or thought of them in a funny way, I was able to find some sort of control in that.

The second thing was without question my love for magic and entertaining people. I held on tight to that innocence and it saved my life. I never gave up because I had something to hope for and dream about. When you lose hope, you lose your life, and then there is no point in continuing onward. Or so you feel.”

## **Q: Is there a cure for OCD?**

“Currently there is no cure for OCD. But there is hope. Science is making some massive breakthrough advancements as we speak. I have spoken to some of the top researchers in the field and they all say that new advancements are coming soon. To me it’s not important now. OCD can be successfully treated and managed today, right now. I teach people how every single day. We know what works and what doesn’t. That was not the case only a few years ago. Education is the single most important key in getting more people treated. Most who have it live with it in secret and have no idea what is really wrong with them. I didn’t. I thought I was going insane. For a long time I had convinced myself that I had Alzheimer’s because I felt like I was losing my mind and at the time I was hearing so much about President Reagan having the same thing. OCD will convince you of many truly horrible things. In your head they become fact. I tell people that the difference between wanting to end my life and needing to live forever was 40 milligrams. Spreading that word is now my life’s mission.”

## **Q: Steven, you had one lousy childhood. OCD aside, how did you deal with some horrible things such as being raped by a magician you had idolized at a magic convention at age 12?**

“I honestly do not know the answer to that. If I had to guess, I would say that I just blocked it all out as most rape victims often do. I was very good at that and still am. Since then I have learned that anything you choose to block out will surely come back to haunt you later in life. It’s much worse then too. It’s a lot easier to deal with the problem in therapy when it happens. I often think to myself “If only I had told someone” but of course I never did until I was 27 years old. I had no one in my life back then I could talk to. At 12 years old, you don’t know how to deal with something like that. I was a very tough kid emotionally. You get through it anyway you can. A 12-year-old kid does not have the life skills to deal with that stuff. It’s only now that I am really able to talk about it. Therapy is a beautiful thing.”



**Q: You also stumbled upon the bloody crime scene at age 9 of seeing the body of your friend's dismembered mother who was killed by their father. How did you ever get over seeing that?**

"I never have. To this day I think about it. I remember it like it was yesterday. I remember the smell, I remember every detail. I remember the look on her face. Her eyes were open. My whole world came to a complete stop. I doubt if it will ever completely go away. It was like an atomic bomb going off in my head. That day is forever burned in my brain. Murder movies and other violent TV and films are very difficult for me to watch. I try to avoid that stuff these days. Even though today, I am a Court TV Junkie." ...he laughs.

**Q: Your parents divorced when you were young. Your mom was abusive and suffered multiple nervous breakdowns. You eventually lived with your workaholic father and your step mom who was also abusive. Where did you find peace or normalcy?**

"On-stage. It was the only place. Everyone loved me when I was magic boy. I was in control and could do no wrong. I was addicted to it. Really the only time I was happy as a child was when I was on stage. I craved it. I felt good and so alive when I was up there. People gave me the love, attention and affection I never found anywhere else. Not to mention the fact I got paid for it. People were proud of me. I could make them laugh, amaze them and endear them to me. So the stage became no different for me than a needle is to a heroin addict's arm."

**Q: It got worse. You were a homeless squatter for over a year while struggling to establish a magic career in Vegas. How did you finally move beyond learning how to be a pickpocket artist who survived eating out of a garbage can?**

“I met two very wonderful people. They owned a convenience store and we're willing to give a guy who had no identification, no address, or a phone number a job. They had no idea I was living on the street at first. Once they found out they helped me find an apartment of my own at a weekly rental place. To me it was a one-room palace. Today I cringe at the thought of having lived there. Anything is better than living in the street. Again, it was my never-ending dream that kept me alive and going when most would have killed themselves long before. It was a very painful time for me inside, but today I look back on those days as being very inspirational. I survived and no one can take that away from me. Strangely enough, it provides me with some sort of control in my life.”

**Q: What would you tell someone who suffers from OCD?**

“Help is available right now - if you want it. Even if you are homeless, without a penny to your name. You do not have to continue living the way you are. Getting the help you need is far easier than living life with OCD. Believe me, I know. That's why I put together such a comprehensive Website of answers. Every question I had ever asked is there with the answer of what to do, step by step. It's in my book as well. I found the need to develop a place where people could go and find what I consider to be the “need to know facts” without all the confusing fluff you find everywhere else. It doesn't have to be so complicated.”

## **Q: What type of obsession or compulsion has ruled your thoughts, time, and actions?**

“Oh goodness, at one time or another I had them all. Mainly I was a germ / perfectionist / organizational freak. Things had to be done a certain way. I was obsessed with being clean and neat --a feat nearly impossible while living on the streets. I was the worst perfectionist to ever live. I didn't like to be touched or be close to anyone emotionally. In fact, emotionally I became numb. I was a checker. I would check, recheck, wash my hands and check it all again. I was a real mess in those Days.

The one thing that nearly broke me was the endless mind loops. That's where you get a certain thought or event that has happened in your head and it replays in your mind over and over and over till you are ready to blow your head off. That was really a horrible thing to deal with. Millions are still living like this everyday, right now. I see them everywhere I go. It kills me inside because I now know that life doesn't have to be like that. There is a way out and it's not suicide. I am so happy to just be alive and well today. It was all so worth it.”

## **Q: What's the purpose of your newly launched digital stress management course and how will it help people?**

“The course is called “When Anxiety Attacks” and I created the very first version of the course way back in 2004. Today, it's a doctor vetted digital video course that teaches people critical thinking skills and how to process information in a way that can change their lives. Using evidence based skills, I show people how easy it is to rewire their brains helping them make better decisions in their lives.”

## **Q: When you know something is wrong you worry. Where do you turn for help?**

“I found it nearly impossible to figure out what to do on my own. Obsessive Compulsive Disorder robs you of logic, the ability to think clearly and make even the simplest decisions. Right now we are developing and preparing to launch the new program I mentioned earlier. It’s an awesome program that is truly going to help many thousands who have no current access to professional mental health care. I mean think of it this way.... when we get a cut on our finger, we go and get some medicine to fix it right? Then when we need to fix what is injured in our minds, why can’t we do that? The answer is usually money and that’s just wrong. Our government does not take care of its own people. I’m trying to do what I can to make a real difference in the lives of many who will have no other options.”

## **Q: Where can people go for help?**

“They can start by educating themselves and visiting my website: [LifeSkillsMasterClass.Com](http://LifeSkillsMasterClass.Com) There you will find all the resources and facts you’ll need to begin living life to it’s fullest each and every day. We are in the 4th version of the course and we are always updating and adding new information and resources as they become available to us. It’s ever evolving and will never be done.”

# OCD FACTS & FIGURES

- Approximately 2.3% of the population between ages 18- 54 suffers from OCD, which out ranks mental disorders such as: schizophrenia, bipolar disorder, or panic disorder.
- Nearly 1/3 to 1/2 of all sufferers will find that their OCD has its roots in childhood; some will even show signs in their pre-school years. Cases of OCD have been reported in children as young as 1.5. In most cases however, symptoms will start to show while being a teenager or in early adulthood. The age of onset is typically reported as 6 - 15 for males and 20 - 29 for females and is usually by the age of 40.
- Although many people suffer from OCD, many are also still hiding their symptoms and surveys estimate that less than 10 % of those suffering are currently in treatment.
- Typically OCD and its symptoms will worsen due to stress, illnesses and fatigue.
- On average, people with OCD see three to four doctors and spend over 9 years seeking treatment before they receive a correct diagnosis. Studies have also found that it takes an average of 17 years from the time OCD begins for people to obtain appropriate treatment. \* Previous studies have found high rates of obsessive-compulsive symptoms or personality traits in patients with eating disorders. It has also been hypothesized that eating disorders are related to OCD as part of the obsessive-compulsive spectrum.

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