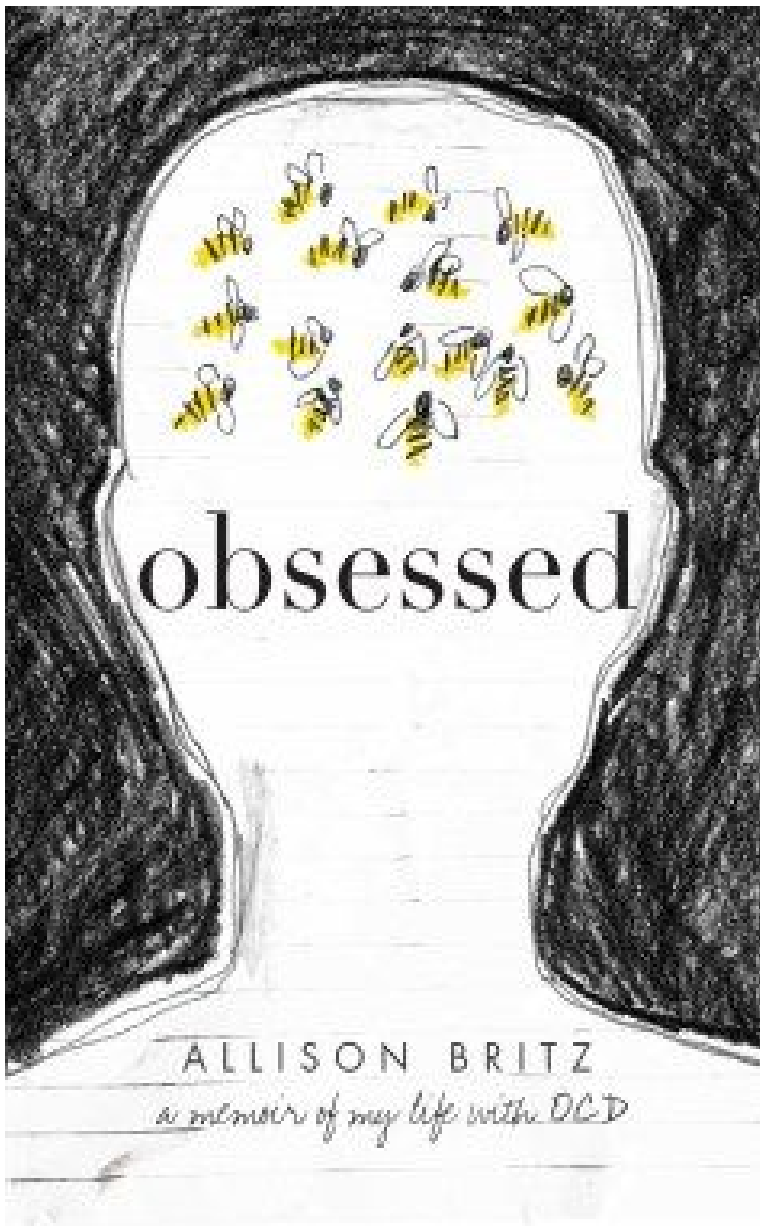


ABE LINCOLN BOOK AWARD

2021 NOMINEE

OBSESSED: A MEMOIR OF MY LIFE WITH OCD

By Allison Britz



Until sophomore year of high school, fifteen-year-old Allison Britz lived a comfortable life in an idyllic town. She was a dedicated student with tons of extracurricular activities, friends, and loving parents at home.

It started with avoiding sidewalk cracks and quickly grew to counting steps as loudly as possible. Over the following weeks, her brain listed more dangers and fixes.

Unable to act “normal,” the once-popular Allison became an outcast. Her parents questioned her behavior, leading to explosive fights. When notebook paper, pencils, and most school books were declared dangerous to her health, her GPA imploded, along with her plans for the future.

Finally, she allowed herself to ask for help and was diagnosed with obsessive-compulsive disorder. This brave memoir tracks Allison’s descent

and ultimately hopeful climb out of the depths.