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## The Mental Sherpa by Theta Spring



with **Alexandra Janelli**



### The Mental Sherpa by Theta Spring Archives Available

June 14th 2016: **The OCD Mind. Action Steps Toward  
Betterment**

"OCD" is a term that is somewhat commonly used. However, for a condition that is so much a part of our vernacular, there is not much awareness about the manifestations of OCD symptoms, the toll it takes on the people and how people can get better.

Join host Alexandra Janelli in talking to Liz Funk, a writer, speaker, and coach who focuses on OCD. People with OCD tend to experience first symptoms between ages 16 and 24. Many people who have OCD—or who fall somewhere on the OCD spectrum—experience OCD mainly in the form of intrusive, irrational thoughts. If people understand the full ra

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### Featured Guest



#### Liz Funk

Liz Funk is a writer who covers entrepreneurship and life hacking for Fast Company, theEconomist.com, and Creator, the online magazine about entrepreneurship published by WeWork. She is a speaker and life coach who focuses on obsessive compulsive disorder and sharing the tools to help people with OCD and anxiety live happier, healthier lives. Her website is [GlowingOCDBrain.com](#).

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