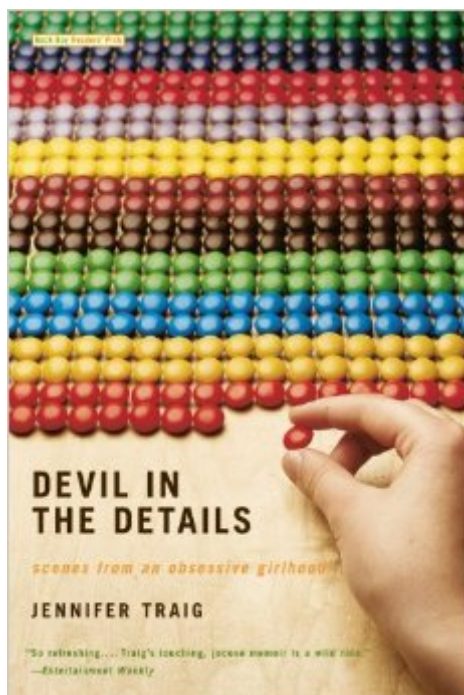


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# Devil In The Details: Scenes From An Obsessive Girlhood



## Synopsis

Recalling the agony of growing up as an obsessive-compulsive religious fanatic, Traig fearlessly confesses the most peculiar behaviour - like scrubbing her hands for a full half-hour before meals, feeding her stuffed animals before herself, and washing everything she owned because she thought it was contaminated by pork fumes!

## Book Information

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## Customer Reviews

From age seven to 17, Jennifer Traig suffered from scrupulosity. What is scrupulosity? Mix a borderline autistic with a religious zealot, and you'll end up with an obsessive-compulsive teenager who literally looks for the devil in every painstaking detail. Did her Trapper Keeper rest for a nanosecond on the desk of the biggest slut in eighth grade? Better take it home and scrub it over and over with bleach. Was that butter contaminated with non-kosher toast crumbs? Better stick to a breakfast of Diet Coke Popsicles, again. When she starts driving it gets even worse: did she or didn't she hit someone on the last block? Better drive back three times to make sure. It's not surprising that driving was one of her least favorite activities. This resulting black comedy was Jennifer Traig's life for ten years. The variety of obsessive-compulsive disorder she dealt with, scrupulosity, was first recognized in the 12th century in the form of super pious monks who were compelled to pray for seven hours a day. As she points out, scruple in Latin means small, sharp stone; for her life, scrupulosity meant constant self-questioning and ever nagging doubts. Raised by a Catholic mother and Jewish father, neither of whom was overly observant, Traig finds herself more drawn to the synagogue than St. Peters and this is where her life becomes riddled with the

small, sharp stones of scrupulosity. She self-teaches herself Judaism, focusing in, with her OCD ways, on the church laws regarding cleanliness. She is fixated with hand washing, and conveys the depth of the disorder by dropping into the book periodic 'interstitials,' which include guidelines for hand washing as well as recipes for all the scrupulous anorexics out there (anorexia being a more common form of OCD).

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