



# Escaping Another's OCPD Tyranny! Part 1 of 2: The Essential Foundational OCPD Empowering Knowledge

*Mack W. Ethridge*

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Escaping Another's OCPD Tyranny, a world-wide best-seller, historically available in one volume, is now available in two parts: This first part concerns essential foundational KNOWLEDGE about another's OCPD mental illness to serve as a platform for present and subsequent indepth understanding, while the second part involves the fundamental OCPD survival PRACTICES (building upon Part 1 insights) which must be understood and implemented if the non-OCPD person is to ever find peace and freedom in the OCPD person's presence. The advantage, here, is that of a deliberate separation of these two central purposes of the book to facilitate learning, and allow for greater focus relative to OCPD conceptual knowledge (which is critical, and where every seeker of deliverance from another's OCPD tyranny must begin) on the one hand, to the Non-OCPD person's practical 'escape' techniques (of even greater value) on the other. Don't be disempowered any longer! Help is here! Congratulations! YOU who are an earnest Seeker of Deliverance from the tyrannical control of another's OCPD behaviors incessantly directed toward you. Behaviors which are making your life miserable (perhaps utterly so) and causing you to experience ongoing feelings of desperation, fear, anxiety, upset, anger, hopelessness, and/or helplessness. (If not a drastic lowering of your self-esteem, too.) Not to mention physical distress and discomfort, and erratic sleep, if that can be obtained, at all. It may even be that you are beginning to BELIEVE what the OCPD person is telling you about yourself as true after all (though clearly against your better judgment), due to their unrelenting never ceasing rhetoric of hurtful and dictatorial speech. And THAT unwelcome belief really IS distressing! Also, you may well be at your 'wits end' in trying to find a way, ANY way, OUT, to flee from such horrific assaults against your personal liberties of choice and self-determination, and your dignity as a self-directing human being. Thankfully, in this newly-created volume, there is GOOD NEWS for YOU in spite of ALL the abuse and oppression and disrespect you have had to endure from this misguided and, yes, pitiable OCPD person. (For they, too, are victims of their own mental absurdities relative to their believed authority over you, whether their relationship to you is that of spouse, sibling, parent, relative, business associate, supervisor, authority figure, or acquaintance.) Yet, you may now take heart as the contents of this book will provide you with the REAL TRUTH, the Foundational Knowledge, about the severity and genuine dangers of OCPD, which many other researchers and authors are remiss, and/or reluctant, to acknowledge and address for fear of offending the OCPD person. But, without the FULL disclosure of the sobering TRUTH of this disorder, and of its often intractability, there can be NO hope for permanent deliverance to you, the Non-OCPD person, who are suffering under the torment of your OCPD 'captor'. It is just that serious. But, know that this book is gleaming with Real and Justifiable HOPE, with its tenor that of promising solid ANSWERS and SOLUTIONS to your present predicament, and sets the stage for your fully understanding the subsequent Safeguarding Life Principles and Freedom Preserving Practices that follow in Part 2 of 2. For which you will be greatly relieved to adopt! Lastly, for further helpful information, visit the web page of Escaping Another's OCPD Tyranny! The Ultimate Survival Guide for the OCPD Besieged! Best Health Wishes! (PS: Since 2014, Mack's OCPD writings are being offered by New York's award-winning Northwell Health Care System at their OCD Center as an adjunct to patients seeking education and/or treatment for OCPD.) PROFESSIONAL AFFILIATIONS: Member – IOCDF; Member – NAMI; Benefactor – Columbia University New York State Psychiatric Institute (NYSPI), OCD Research Center; Contributor – NIMH; and Donator – The Mental Illness Research Association (MIRA)

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