



Body Punishment: OCD, Addiction, and Finding the Courage to Heal

Maggie Lamond Simone

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Humor columnist Maggie Lamond Simone's painful journey provides insight for the thousands of others who similarly cut, starve, pick, drink, pluck, purge, and otherwise hurt themselves in private in order to survive in public. She explores the issues of substance abuse, anxiety, and depression that commonly occur with OCD, all in an effort to further the dialog around mental illness and eliminate the shame, because "the shame . . . the shame is a killer."

Maggie Lamond Simone is an award-winning columnist and author. Her first column anthology, *From Beer to Maternity*, was released in November 2009. She has a black belt in Kenpo karate and a master's degree from the Newhouse School of Public Communications at Syracuse University.

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