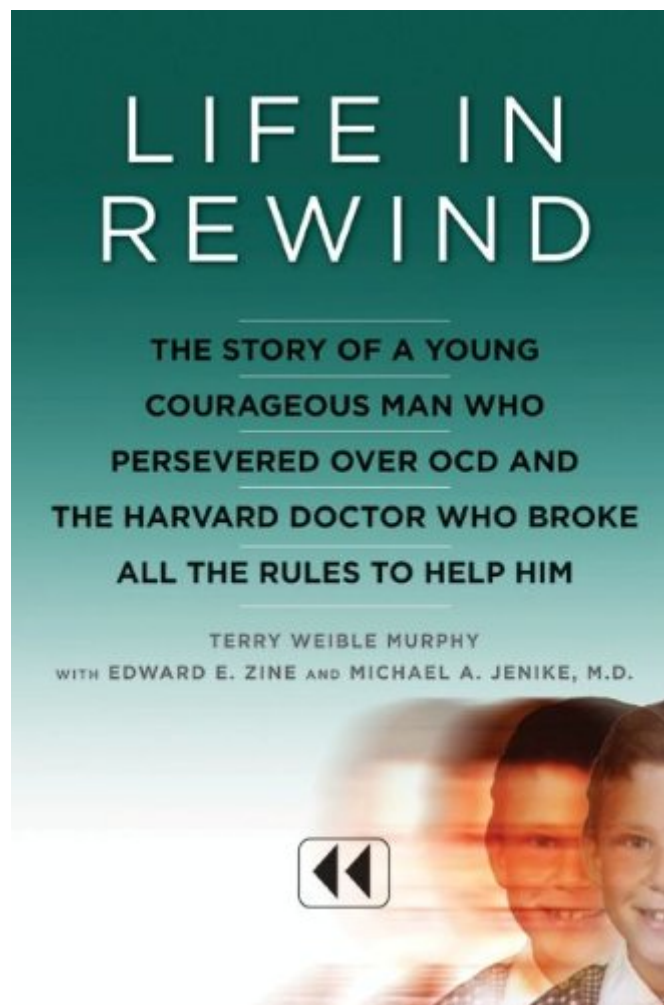


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# Life In Rewind: The Story Of A Young Courageous Man Who Persevered Over OCD And The Harvard Doctor Who Broke All The Rules To Help Him



## Synopsis

“A surprising tale of success by medical science confronted with a nearly insurmountable disorder. Well-rounded, powerful, and inspirational.”  
•Kirkus Reviews  
In the vein of *Manic and Girl, Interrupted*, and the popular stories of Oliver Sacks, *Life in Rewind* is the captivating true story of promising young athlete Ed Zine’s sudden descent into severe mental illness, and the brilliant Harvard doctor, Michael A. Jenike, who broke through the boundaries of traditional medicine to save him. Written by Terry Weible Murphy with Zine and Jenike, *Life in Rewind* provides a shocking picture of severe Obsessive Compulsive Disorder and the surprising and unorthodox lengths to which a doctor goes to help his patient. The *Washington Times* calls this, “[An] extraordinary story.” It is that and much more.

## Book Information

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## Customer Reviews

This is the amazing account of Ed Zine, OCD sufferer. I highly recommend this uplifting, often tragic story to anyone, even if OCD doesn’t touch your life. A man who, at his worst point, was literally

trapped in his basement, unable to make even one single move without retracing his steps backward, including replaying conversations over forward AND backward in his head. He was isolated, lived in his own waste, paralyzed in place, for fear of making the wrong move. His OCD is more severe than anything I have ever seen or heard of (and I have two autistic kids who both have OCD) so it is a miracle how his story plays out. With the mind of a genius, able to record EVERY step, breath, touch of his fingers throughout the day, he memorizes everything so that at the end of the day, he may 'spool back' life and 'rewind' it, or someone he loves would die. At least that's what his OCD told him... This is his personal agony, ripped open for everyone to see - down to the meat - and the journey is remarkable, not to mention awe-inspiring. Then there is his doctor, Michael Jenike, who eschews the 'normal' doctor/patient relationship, makes house calls, and even when he's tried everything with his patient, to no avail, continues to be Ed's friend and champion. Uplifting, gutting, remarkable... I can't say enough about this amazing story. It allows the reader a look at OCD from the INSIDE, which is often left out of other books on the topic. In this story, the reader gets paragraphs full of Ed's inner monologue as his OCD takes hold and fills his head with a litany of painful requirements - things he MUST do, and cannot resist. By the end, I wanted to hug both Ed and Michael and tell them I wished there were more people like them both in the world - these days, we could all use it. Thanks to all for allowing the reader into your lives.

My grandson is dealing with OCD. He has been to Roger's Hospital in Wisconsin about 1 1/2 yrs ago. He was there for about 3 months. He is now 14. I found the book very helpful in understanding some things that related to my grandson. He is doing much better since Roger's but, of course, is still trying to get it under control. He is having issues with homework and his peers. I wish Dr. Jenike could help him. I bought the hard cover book for my grandson's parents. They have both read it and I believe it has made them realize how hard it is for the one suffering with OCD. I think they may have a little more compassion for him since reading the book. He has 2 sisters, 12 and 8, they are good girls, however, I think they resent their brother some. My son seems to have some OCD tendencies, however, his perfectionism has helped him at work, he works hard, and is successful but it is hard on his family. I pray that my grandson will be able to treat OCD as the enemy, and get control for his future.

As a mother of a child with severe OCD, who battles every day of his life, he will never "get over it". NO ONE knows the pain, heartache and simple hell this disorder can do to people. Life in Rewind was totally medicinal for me. Knowing we are not alone in this affliction, and that you can grow up to

be a productive, kind, intelligent human being was more than a gift for me. What a fabulous read, and truly uplifting story. We got to personally meet Ed at a book signing. A life change for my son, who met the most loving, kind gentle man who possesses more good than any one I know. My son now knows he does not stand alone in this living hell!.....A must read!!!

This is an amazing book about one mans fight with OCD. I thought I understood the basic of the disease but I didn't. I hope that this book lights the way for those suffering from this disorder. I only wish the world had more doctors like Dr. Jenike.

Very good book! I recommend it highly!

unforgettable story

This story about a young man, Ed Zine, whose life spiraled into a mental illness so profound he actually believed he could stop the progression of time by living his life in reverse - including walking, talking, and reading, is one of the most heart warming stories I have ever read. The progression of his life and the Harvard doctor who worked with him by breaking the rules of traditional medicine and offering all he has left to give - his friendship-- is astounding. This friendship becomes the unexpected catalyst for healing and produces an ending that only Hollywood could invent. But the story is true. I totally recomend this book.

This is one of the best and saddest books I have ever read. It is hard to believe that OCD can control a person as much as it did the youg man in this book. I recommend this book to anyone that thinks they have any kind of OCD and you will find that you really don't. God Bless the Doctors and his friends and family for not giving up on him.

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