



# The Walking Worried

*Aron Bennett*

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Born in 1986, Aron Bennett from Essex has lived with OCD for a number of years. Following a second spell during his university years in 2004, Aron decided to write about his rather heteroclit experiences in a bid both to make sense as well as to end some of the 'generational shame' that still encircles this disorder. A graduate from Law school from Lancaster University, Aron currently lives in Norwich where, outside of office hours, he works as a regional volunteer for the UK-based charity, OCD Action.

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