

HOWIE & O.C.D

Daniel Martinez



OBSESSIVE COMPULSIVE DISORDER

- Obsessive-compulsive disorder is characterized by unreasonable thoughts and fears (obsessions) that lead to compulsive behaviors.



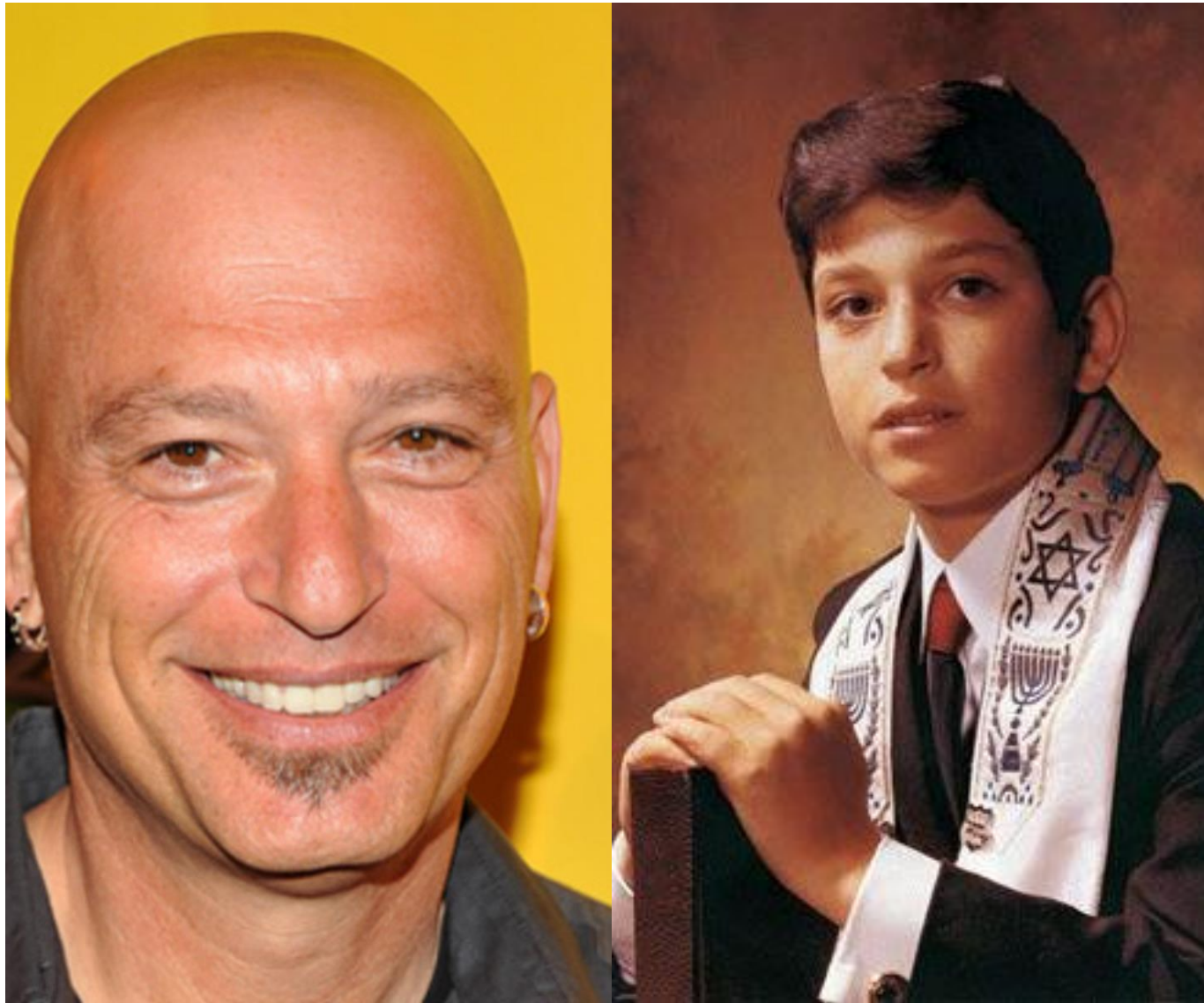
OBSESSIVE COMPULSIVE DISORDER

- In DSM-5, obsessive-compulsive disorder was removed from the anxiety disorders category and placed into a new category called “obsessive-compulsive and related disorders.”



OBSESSIVE COMPULSIVE DISORDER

- One reason for moving OCD into the new category was that anxiety is not generally used as an indicator of OCD severity. Indeed, for people with certain forms of OCD such as symmetry-related obsessions and compulsions, anxiety is not even a prominent symptom. It was also noted that anxiety occurs in a wide range of disorders, so the presence of some anxiety is not a valid reason to regard OCD as an anxiety disorder.



GET TO KNOW HOWIE MANDEL

- Born November 29, 1955; currently 65 years old
- Since the age of 6 has lived with this issue
- At the time there was no diagnosis, so they just called it “Howie”

HOWIE MANDEL

A BORDERLINE PSYCHOTIC

CAREER

Howie's first big break was stand up comedy called "A Borderline Psychotic"



MORE...

St. Elsewhere 82-88

Gremlins 84

Deal or No Deal 03-09





AMERICAS GOT TALENT 2010-PRESENT

A woman with long blonde hair, wearing a black dress, stands at a white table and shakes hands with a man in a dark jacket. Another woman in a black dress is seated at the table. The background is a large, dimly lit studio audience. Two red cups with the 'The Contender' logo are on the table. The text 'GROWING UP:' is overlaid in large white letters.

GROWING UP:

Growing Up
Howie struggled
to find his place,
often being
bullied for his
fear of touching
other hands and
fear of germs.

FIST BUMP!

**HOWIE CAN HUG,
TOUCH, BUT
SHAKE HANDS
HE CAN'T**

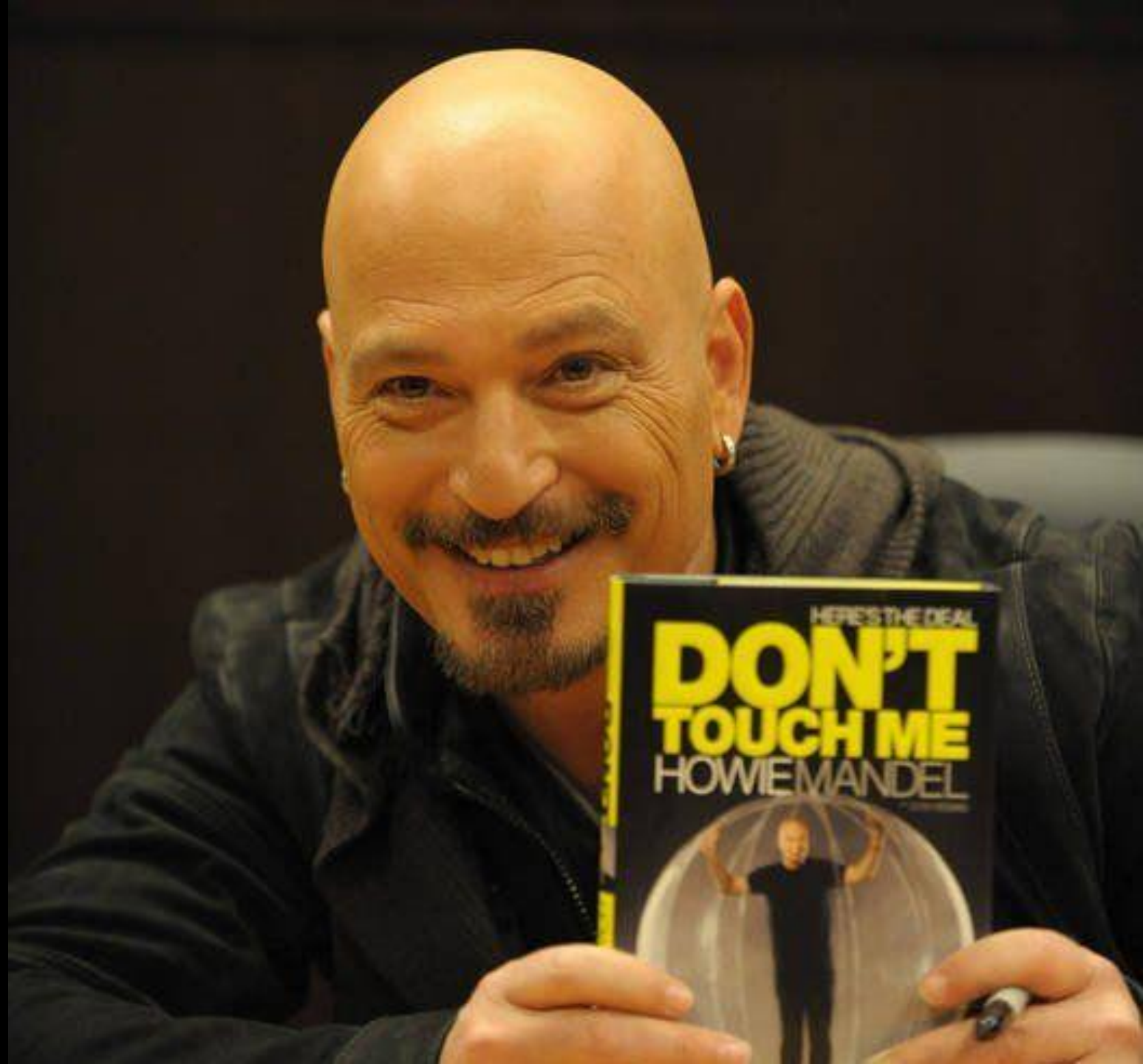




HOWIE'S HOME

- Howie had this smaller house built just for Him where no one else can go. It's where he retreats when he's struggling with his O.C.D.

IN 2009 HOWIE
WROTE A BOOK
ABOUT HIS
STRUGGLE WITH
O.C.D,
GERMOPHOBIA
AND THE
ANXIETY THAT
COMES WITH
THAT.





DIRTY LITTLE SECRET

- Howie kept this on the down low for many years until he went on the Howard Stern show and opened about it.
- Was embraced at the time, but has since embraced it.

MEDICATION

Howie is taking
pills for anxiety;
the exact kind is
unknown





DEALING WITH
2020-2021



QUOTE

Now the rest of
the world
understands
what I've been
dealing with
since I was 6
years old!

GLASS HALF FULL

Howie's Taking the time to help out small businesses by promoting them and telling others to support them

Hungry Monkey started when the pandemic hit and now sells out of all their sweet treats!



SOCIAL MEDIA

- How Mandel has become huge on Tik Toc having 8.4 million followers and on Instagram having 1 million followers.
- Posts daily uplifting and fun videos as well as encouragement.

