



Lest I Forget: A Story Of The Life Of My Son With OCD

Ginny Urbaniak

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This is a written account of the courage and honesty it took for a twenty-four-year-old boy to weigh up the pros and cons, and in conclusion make the tragic decision to end his life. The book is written by his mother, who bore witness to this life of relentless anguish and struggle with Obsessive Compulsive Disorder, Gross Anxiety Disorder and Aspergers Syndrome and how it tore his life apart. He and his family bravely and repeatedly tried to piece it back together: until eventually a ladder clunked beneath a window as the light September rains dropped gently down. It was game over. Visualise a normal, everyday sort of family. Three children, a house in Cape Town, a pet, an entrepreneur father and part-time working mother – content, happy, getting on with life; and then one of the children gradually becomes a huge problem and an unbelievably severe situation arises with life becoming a nightmarish struggle for survival. This is an extremely honest account of how life can be turned around tragically through circumstances beyond one's control. Ginny Urbaniak has penned her deepest emotions and experiences with this cathartic account of her son, Richards's short life and the trauma inflicted by a severe psychiatric condition. "The story resonated with me in a very personal way and evoked a deep sense of empathy for you and your family. I wept as I read through it for the first time. I trust that writing this story and sharing it with others was cathartic for you, and may help others who find that they identify with any part of your experience. There were some profound observations made and overall I think this work will be a blessing to many people who may learn from it and feel they are not alone." Editor's comment

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