



2018

Old English Sheepdogs

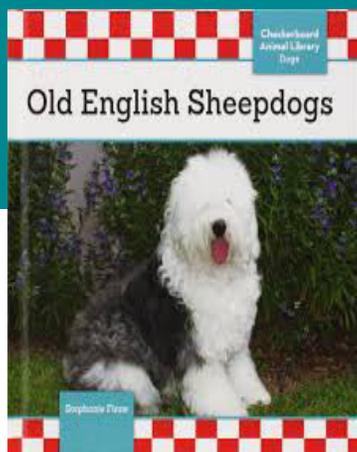
Megan Hall

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Book Review

Old English Sheepdogs

Author

Stephanie Finne

Illustrator

Reviewer

Megan Hall

Rating

Outstanding

Level

Primary

Pages

24

Year

2015

Publisher

Checkerboard Library

ISBN

9781467738491

Bea has always had a concern for certain people - sometimes, when she really likes someone or is interested in them, she gets these compulsions to check on them frequently to make sure they're okay. When her therapist starts throwing around a diagnosis of OCD and recommends group therapy, Bea gets nervous. Then she meets Beck, a guy who also has OCD but is sweet and tries his best to be normal. Together, Bea and Beck try to help each other overcome their compulsions and end up feeling more comfortable and strong together than when they're alone. There is OCD in this book, and there is a love story, but it's also about healing, friendship, and acceptance of one's true self.

This novel is a wonderfully eye-opening glimpse into the life of a teenager with OCD. It has a lot of the typical hallmarks of a teenager romance novel: a meet-cute, an attractive love interest, a fun best friend who encourages flirting and pursuing of the aforementioned love interest, and some kind of misunderstanding or obstacle. This book excels most in its treatment of mental illness, especially OCD, and how mental illness is a part of many people's lives but is not the only defining thing about them. In a fresh, engaging, and humorous way, the reader is invited to empathize with both Bea and Beck and have a better, more thorough understanding of how OCD works in the lives of those it affects.

Contains severe language, moderate sexual content, and moderate violence.