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Appendix: Real-Life Scenarios

Motor and Vocal Tics
   Tap, Tap, Tap
   “I Have a Chicken in My Pants”
   PB and J
   The Dreaded Cursing
I would like to dedicate this book to my two Marys: my best friend for twenty-five years, Mary Lohrman, and my younger sister, Mary Conners. I lost both of these two beloved people in the past three years and both at much too young an age. My friend, Mary, was one of the most extraordinary women I have ever met—a teacher, a mom, and a humanitarian. We spoke every day, sometimes for hours. Her passing left a huge hole in my life that can never be filled. Everyone should be as blessed as I was to have such a wonderful friend.

My sister, Mary, was my hero. Most people in this world faced with the many obstacles that she had to overcome in life—TS, OCD, depression, and a significant hearing loss—would have sat back and let the world support them. Instead she chose to go back to school, earn her bachelor’s and master’s degrees in her late forties, and go to work as a mental health counselor helping others. It was the unconditional love and friendship of these two ladies that was “the wind beneath my wings” as I wrote this book.

I would also like to thank my beloved Andy who has shared my life for sixteen years through good times and bad. He will hopefully be at my side for many more years to inspire me to continue the work that I do.