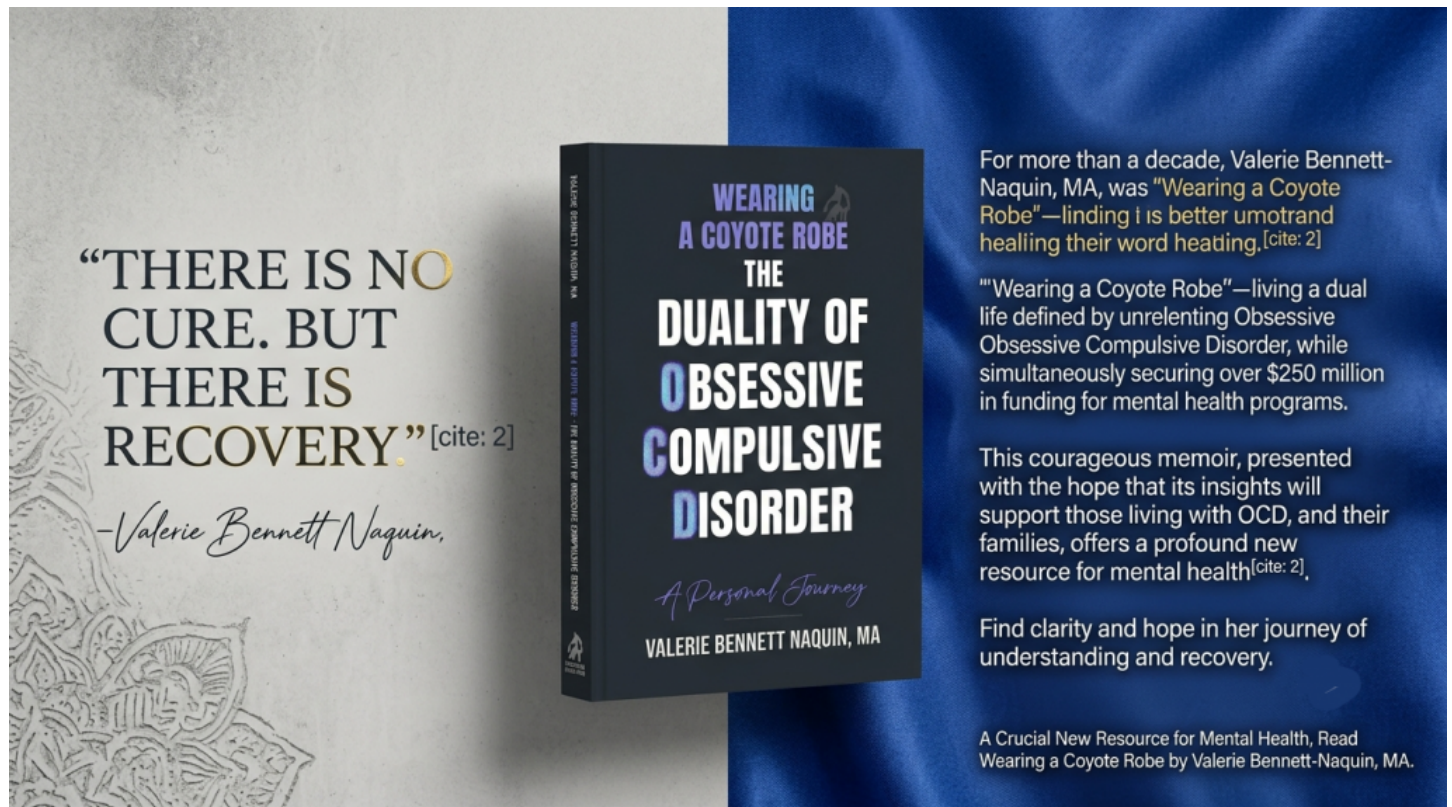


Wearing a Coyote Robe": Valerie Bennett-Naquin's OCD Memoir Offering Hope to Those with Obsessive-Compulsive Disorder

Renowned Behavioral Health Leader Shares Intimate Journey of Recovery from OCD and Intrusive Thoughts Through Powerful Spiritual Memoir; Book Available Now on Amazon



DC, Washington Jul 13, 2026 ([Issuewire.com](https://www.issuewire.com)) - Valerie Bennett-Naquin's Transformative OCD Memoir "[Wearing a Coyote Robe](#)" Now Available on Amazon—A Powerful Testament to Resilience, Recovery, and the Possibility of Healing

Renowned behavioral health leader and internationally recognized mental health advocate transforms personal struggle with Obsessive-Compulsive Disorder into profound spiritual and psychological exploration

[Wearing a Coyote Robe](#): The Duality of Obsessive-Compulsive Disorder, the deeply personal memoir by Valerie Bennett-Naquin, M.A., is now available on Amazon in digital (Kindle) and print formats. This groundbreaking OCD book offers readers an intimate, unflinching account of living with obsessive-compulsive disorder—and ultimately, thriving beyond it. For anyone searching for books about obsessive compulsive disorder, living with OCD books, or an obsessive compulsive disorder memoir that combines clinical insight with spiritual wisdom, this work stands as an essential resource.

With over 45 years of experience in behavioral health program development, systems of care, and trauma-informed practice, Valerie Bennett-Naquin brings unprecedented credibility and compassion to this deeply personal exploration of mental health. She has secured over \$250 million in funding for

Alaska Native and tribal organizations, authored multiple peer-reviewed publications on evidence-based practice, and served as a speaker and consultant at the American Psychological Association and international conferences on mental wellness. Her work in behavioral health and psychological healing has influenced how organizations approach mental illness, anxiety, compulsive behaviors, and the broader landscape of emotional healing.

"Wearing a Coyote Robe is not just another personal memoir," says Bennett-Naquin. "It is an invitation to understanding—both of oneself and of the millions living with intrusive thoughts and obsessive-compulsive disorder. By weaving together my professional knowledge of behavioral health with my personal journey of recovery, I hope to break the stigma surrounding mental illness and show what healing from OCD truly looks like."

A Unique Approach to Understanding OCD and Mental Health

Wearing a Coyote Robe: A Personal Journey takes readers on an extraordinary journey through the author's experience with obsessive-compulsive disorder. This psychology book and personal memoir uses the metaphor of the Coyote—a figure of duality and wisdom in Indigenous spirituality—as a lens for understanding the complexity of mental illness. Rather than presenting OCD as a clinical diagnosis alone, this OCD recovery book weaves together behavioral health expertise, psychological healing practices, and spiritual wisdom to create a comprehensive exploration of what it means to live with intrusive thoughts and compulsive behaviors.

For individuals experiencing obsessive-compulsive disorder, family members seeking understanding, therapists and counselors, and anyone interested in books for people with OCD or trauma recovery stories, this memoir offers multi-layered insight. The book explores themes including trauma recovery, behavioral health frameworks, family resilience, the power of psychological counseling, and the integration of spiritual practices in recovery from mental illness.

The chapters guide readers through Bennett-Naquin's journey from the depths of her illness—including sections on the anatomy of OCD and the impact of intrusive thoughts—through careful recovery with professional support and family love, and ultimately to a place of profound healing and renewed purpose. Each chapter title carries metaphorical weight, reflecting the Coyote's journey from darkness to light.

Why This OCD Memoir Matters Now: Breaking Stigma Around Mental Illness

Mental health stigma remains one of the most significant barriers to treatment, diagnosis, and healing for those living with obsessive-compulsive disorder and other mental health conditions. *Wearing a Coyote Robe* shatters that stigma through Bennett-Naquin's courageous openness about her personal struggle with OCD. In a time when anxiety, compulsive behaviors, and mental wellness are increasingly discussed but often misunderstood, this personal story about OCD provides both hope and practical insight.

This OCD book and behavioral health memoir offers:

- Real hope for individuals and families affected by obsessive-compulsive disorder and intrusive thoughts
- Clinical insight into OCD grounded in evidence-based practice and behavioral health frameworks
- Cultural wisdom and spiritual practices integrated with modern psychology and counseling approaches
- A testament to the transformative power of family support, professional therapy, and personal resilience
- Inspiration and recovery guidance for anyone facing mental

health challenges, anxiety, or the weight of compulsive behaviors • Understanding of trauma recovery and its intersection with OCD and mental illness • A roadmap for personal growth and psychological healing beyond diagnosis

The book comes from someone who has not only managed OCD and achieved recovery but has dedicated her career in behavioral health to helping thousands achieve mental wellness. As a renowned leader in trauma-informed care and behavioral health systems, Bennett-Naquin brings both professional authority and personal authenticity to this exploration of living with OCD and building a life worth living.

Bennett-Naquin's Broader Commitment to Mental Health and Behavioral Health Education

Wearing a Coyote Robe is part of Valerie Bennett-Naquin's larger body of work dedicated to mental health advocacy and behavioral health education. Her portfolio of published works reflects her commitment to making mental wellness accessible and understandable across diverse audiences:

[Beyond the Highs and Lows: Understanding Bipolar Disorder and Building a Life That Works](#) — Another groundbreaking psychology book that addresses another common mental health condition, offering readers practical strategies for managing mental illness and building resilience.

AI Assisted Federal Grant Writing — Demonstrating her expertise in translating complex behavioral health concepts into actionable strategies, this professional guide draws on her 45+ years of success in securing funding for mental health programs and behavioral health organizations.

Big Life — Her comprehensive autobiography that explores her full journey, providing readers with a complete portrait of a life dedicated to mental health advocacy and behavioral health transformation.

Together, these works create a comprehensive resource library for anyone interested in mental health, behavioral health, psychology, counseling, recovery from mental illness, and personal growth.

About the Author: A Renowned Leader in Behavioral Health

Valerie Bennett-Naquin, M.A., is an internationally renowned behavioral health professional, organizational consultant, and passionate advocate for mental health awareness. Her career spans 45+ years in behavioral health program development, systems of care, trauma-informed practice, cultural competence, and evidence-based interventions for mental illness and mental health disorders.

Her professional achievements include securing over \$250 million in funding for Alaska Native and tribal behavioral health organizations, two of which received SAMHSA grants that scored first in the nation. She has authored multiple peer-reviewed publications on indigenous evidence-based practice, cultural adaptation of therapeutic models, and behavioral health leadership. Her research and clinical work have directly influenced how the field approaches mental illness, anxiety treatment, counseling methodologies, and trauma-informed behavioral health services.

Bennett-Naquin serves on the Editorial Boards of the American Indian and Alaska Native Mental Health Research Journal (University of Colorado) and Indigenous Voices in Social Work Journal (University of Hawaii). She has been a keynote speaker and consultant at the American Psychological Association, the International Initiative for Mental Health Leadership, and numerous international conferences addressing evidence-based practice, mental wellness, cultural competence in behavioral health, and indigenous approaches to healing from mental health conditions.

Beyond her professional accomplishments, Bennett-Naquin is an author, researcher, mentor, and thought leader whose work has influenced behavioral health practice globally. She has contributed to the field's understanding of how to integrate spiritual practices with clinical psychology, how to provide culturally competent mental health care, and how personal resilience intersects with professional expertise. Her willingness to share her own story of living with OCD, recovering, and building a meaningful life exemplifies her commitment to breaking stigma and advancing mental health advocacy.

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[Wearing a Coyote Robe](#) is published by [Div Books Publishers](#) (divbooks.com), an independent publishing partner dedicated to bringing authentic, transformative voices to readers seeking depth, meaning, and genuine connection. The publisher's philosophy—"Your Story, Our Experience—The Perfect Recipe to Be the Next Bestseller"—reflects its commitment to supporting authors whose work addresses real human experiences, mental health challenges, behavioral health education, and the possibility of recovery and personal growth.

Availability and Purchase Information

Wearing a Coyote Robe: The Duality of Obsessive-Compulsive Disorder is available now on Amazon in both Kindle (digital) and Paperback (print) formats. The book is positioned in multiple categories including Mental Health, Psychology, Biographies & Memoirs, and Personal Growth—making it discoverable for readers searching for OCD books, psychology memoirs, mental health resources, recovery stories, and books about anxiety and behavioral health.

Readers can purchase directly through Valerie Bennett-Naquin's Amazon author page or by searching for the book title and keywords such as "obsessive compulsive disorder book," "living with OCD," "OCD recovery," "mental health memoir," "intrusive thoughts recovery," or "behavioral health personal story."

For mental health professionals, therapists, counselors, and educators, the book is also available for institutional purchase and can be recommended to clients and students as a supplementary resource for understanding OCD, trauma recovery, emotional healing, and the integration of clinical psychology with personal resilience.





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