

Brain Lock Free Yourself From Obsessive Compulsive Behavior Jeffrey M Schwartz

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Brain Lock Free Yourself From

In Brain Lock, Dr. Jeffrey M. Schwartz, a psychiatrist at the UCLA School of Medicine and a world-renowned expert on OCD, shows you how to: • Free yourself from obsessive-compulsive behavior!

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Using the real-life stories of actual patients, Brain Lock explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their psychic prisons and regain control of their lives.

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Brain Lock: Free Yourself from Obsessive-Compulsive ...

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Brain Lock: Free Yourself from Obsessive-Compulsive ...

Brain Lock's central philosophy about freeing yourself from your thoughts and urges, so that you act the way you truly want to, reminds me of ACT (Acceptance and Commitment Therapy). I quite like this philosophy.

Brain Lock: Free Yourself from Obsessive-Compulsive ...

Brain lock is a term coined by Schwartz to describe obsessive-compulsive behavior and to describe a treatment plan he published in his 1997 book Brain Lock: Free Yourself from Obsessive-Compulsive Behavior.

Jeffrey M. Schwartz - Wikipedia

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Brain Lock: Free Yourself from... book by Jeffrey M. Schwartz

Source: "Brain Lock," by J. Schwartz, Regan Books, 1996. More information. Dr. Jeffrey Schwartz' Four Steps for OCD are a great self-help technique, but if your OCD is severe, you may need professional help. If you are still struggling with OCD after trying the 4 Steps, contact us for a consultation. Contact Us For A Consultation

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Brain Lock : Free Yourself from Obsessive-Compulsive Behavior - A Four-Step Self-Treatment Method to Change Your Brain Chemistry by Beverly Beyette and Jeffrey M. Schwartz (1997, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

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