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Jeffrey schwartz brain lock pdf Jeffrey schwartz brain lock pdf Schwartz, is a psychiatry professor at UCLA, and in this book he explains a four-step plan for self-treating this condition-which can range from the mildly annoying, to the completely debilitating.

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Jeffrey M. Schwartz M.D. is an internationally-recognized authority on Obsessive-Compulsive Disorder and is the author of the bestseller Brain Lock. He is a Research Professor of Psychiatry at the UCLA School of Medicine.

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