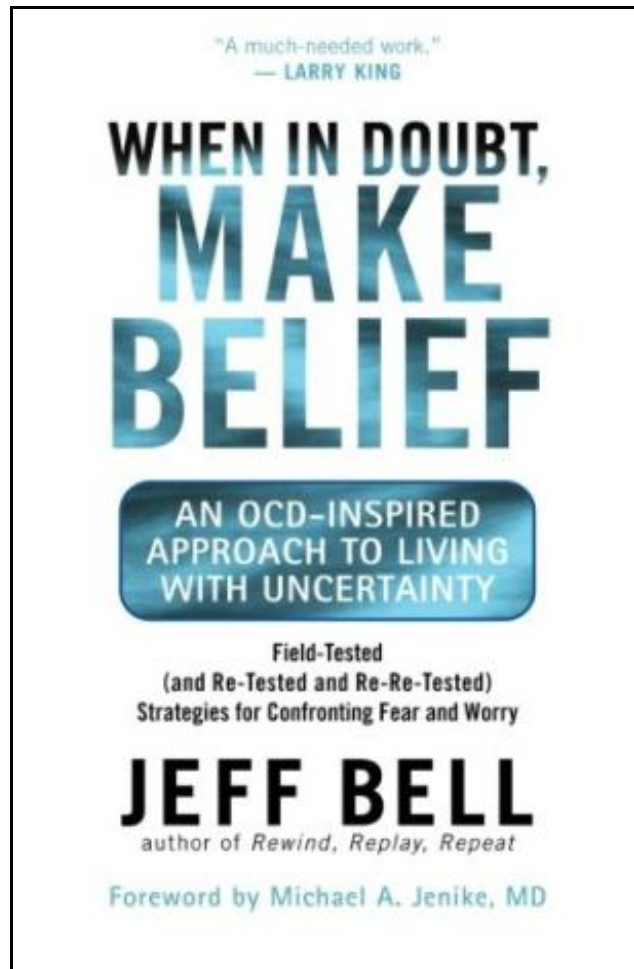


When in Doubt, Make Belief: Life Lessons from OCD



Filesize: 2.89 MB

Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It's been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, altered the way I believe.

(Prof. Loyce Runolfsson Jr.)

WHEN IN DOUBT, MAKE BELIEF: LIFE LESSONS FROM OCD



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New World Library. Paperback. Book Condition: new. BRAND NEW, When in Doubt, Make Belief: Life Lessons from OCD, Jeff Bell, Michael A. Jenike, When in doubt, make belief. For author/news anchor Jeff Bell, these are words to live by. Literally. As someone who has spent much of his life battling severe obsessive-compulsive disorder (a.k.a. The Doubting Disease), Bell has had to overcome crippling uncertainty few people can imagine. In this powerful follow-up to his critically-acclaimed memoir, "Rewind, Replay, Repeat", Bell expounds on the principles of applied belief that allowed him to make such a remarkable recovery and the lessons he's learned while traveling the country talking about doubt. With the help of more than a dozen leading experts on OCD, anxiety, and applied belief, Bell offers readers struggling with chronic uncertainty - or just plain everyday worries - practical, life-changing strategies for making belief. Bell describes how everyone must push through doubt before they can accomplish anything, whether it is the everyday doubts about airline or highway safety and worries about our children to the more crippling doubt of people with OCD. He talks about the dueling directors within each of us, the default and greater good directors, and how to use the sense of getting to something good to overcome our default settings of fear- or doubt-driven decisions. The book describes what he defines as 'trap doors of doubt', which are false approaches to getting out of doubt, but which lead nowhere. Instead, Bell demonstrates how to shift from decisions based on fear and doubt to decisions made based on service and purpose, and how this approach can transform your life.



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