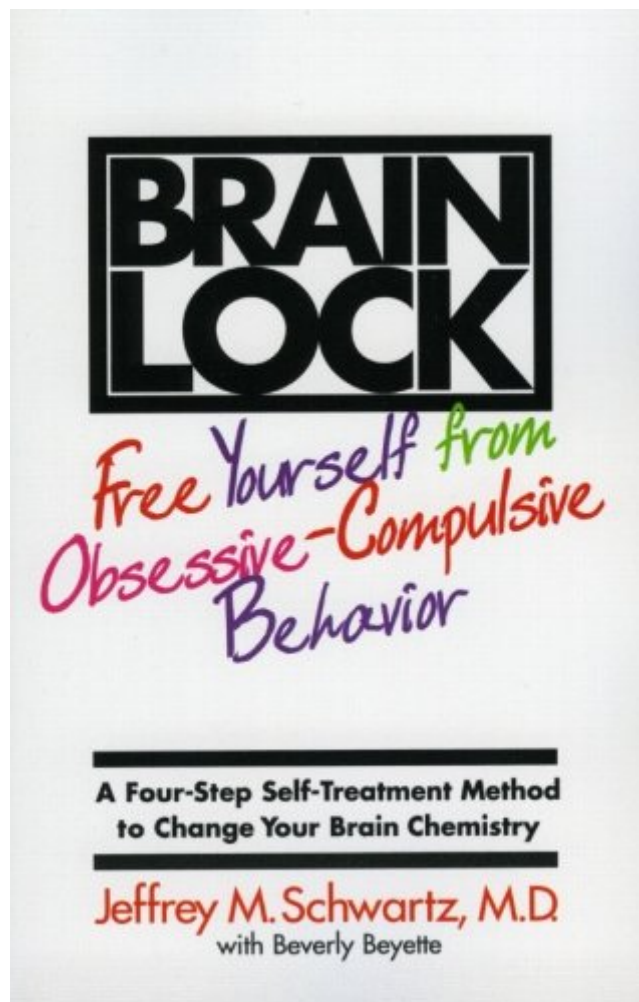


Brain Lock: Free Yourself from Obsessive-Compulsive Behavior PDF



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Brain Lock: Free Yourself from Obsessive-Compulsive Behavior by Jeffrey M. Schwartz, Beverly Beyette ISBN 0060987111

An estimated 5 million Americans suffer from obsessive-compulsive disorder (OCD) and live diminished lives in which they are compelled to obsess about something or to repeat a similar task over and over. Traditionally, OCD has been treated with Prozac or similar drugs. The problem with medication, aside from its cost, is that 30 percent of people treated don't respond to it, and when the pills stop, the symptoms invariably return.

In *Brain Lock*, Jeffrey M. Schwartz presents a simple four-step method for overcoming OCD that is so effective, it's now used in academic treatment centers throughout the world. Proven by brain-imaging tests to actually alter the brain's chemistry, this method doesn't rely on

psychopharmaceuticals. Instead, patients use cognitive self-therapy and behavior modification to develop new patterns of response to their obsessions. In essence, they use the mind to fix the brain. 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.

Brain Lock: Free Yourself from Obsessive-Compulsive Behavior Review

This Brain Lock: Free Yourself from Obsessive-Compulsive Behavior book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Brain Lock: Free Yourself from Obsessive-Compulsive Behavior without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Brain Lock: Free Yourself from Obsessive-Compulsive Behavior can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Brain Lock: Free Yourself from Obsessive-Compulsive Behavior having great arrangement in word and layout, so you will not really feel uninterested in reading.