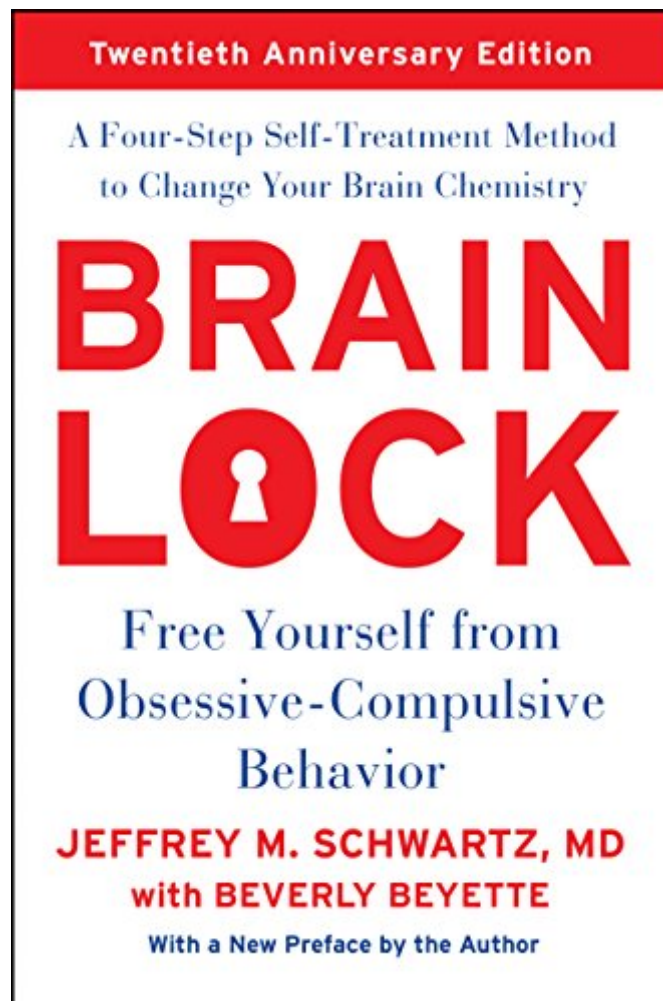




The book was found

Brain Lock: Free Yourself From Obsessive-Compulsive Behavior



Synopsis

The 20th anniversary edition of the definitive classic on defeating obsessive-compulsive behavior, with all-new material from the author. 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, M.D., 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.

Book Information

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Customer Reviews

This was the first book that really helped me understand my OCD and feel understood by the examples that were discussed. The techniques are also very, very helpful- although I learned in therapy that it is extremely important to learn to tolerate the thoughts and feelings and not always distract from them as encouraged in the book. Mindfulness and noticing the thoughts along with taking valued action is what has helped me most.

If you suffer from OCD, this is a 4 Step Program completely studied by UCLA for a great number of years. His first book. The greatly updated studies are given in "You are not Your Brain" by Jeffrey M. Schwartz M.D. UCLA My psychiatrist recommended this book. If you follow the four steps, it can be a self healing journey.

This was very informative about helping me understand what Obsessive-Compulsive behavior is. I found the four steps helped me to get beyond panicky feelings and deal with things better even though I didn't really feel like I fit the profile of OCD. It was very interesting to read.

Absolutely a great book to read if you have OCD. It helps you understand why and gives you tools to combat the thoughts.

Really good book.

Thanks.

Very informative for those with or loved ones with OCD. His four step rule could be used in many life situations as well.

good book

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