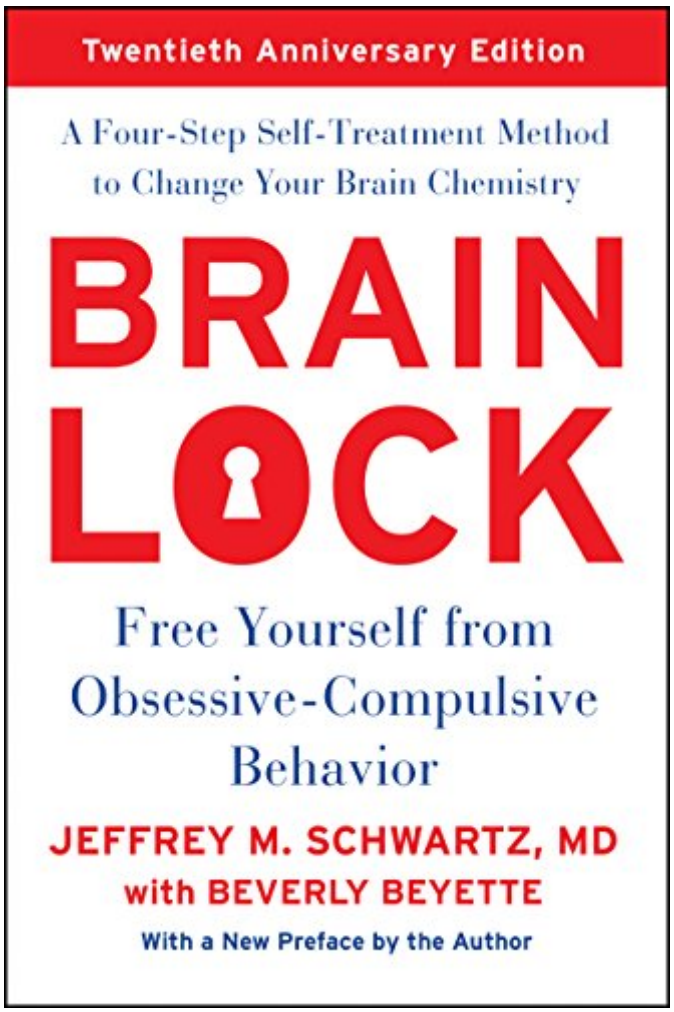
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Brain Lock: Free Yourself From Obsessive-Compulsive Behavior



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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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Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior Brain Lock: Free Yourself from Obsessive-Compulsive Behavior 4 Action-Packed Ryan Lock Thrillers: Lockdown; Deadlock; Lock & Load; Gridlock (Ryan Lock Series Boxset Book 1) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder (A New Harbinger Self-Help Workbook) Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder Lock Picking Like a Pro: From Locked-Out Resident to Expert Lock Picker in an Instant! My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Hoarding: Help For Families Dealing With Obsessive Hoarding, Collecting and Clutter: (Treatments for Compulsive Acquiring, Saving and Hoarding - Accumulating things) (Life Psychology Series Book 2) Bodola Loves Chips & Pop: Understanding the mind of parents and children who exist with Autism, ADHD, Downs Syndrome and other (Obsessive Compulsive) Neurological disorders The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder Disorders or Gifts?: My Journey through life managing Tourette Syndrome, Obsessive Compulsive Disorder, and Attention Deficit Disorder Tictionary: A Reference Guide to the World of Tourette Syndrome, Asperger Syndrome, Attention Deficit Hyperactivity Disorder and Obsessive Compulsive Disorder for Parents and Professionals Children With Obsessive-Compulsive Disorder (Child Psychology Book 5) Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder Nobody Told Me: My Battle with Postpartum Depression and Obsessive-Compulsive Disorder Triggered: A Memoir of Obsessive-Compulsive Disorder Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents Surviving Schizophrenia: My Story of Paranoid Schizophrenia, Obsessive-Compulsive Disorder, Depression, Anosognosia, Suicide, and Treatment and Recovery from Severe Mental Illness

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