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In Brain Lock, Dr. Jeffrey M. Schwartz, a psychiatrist at the UCLA School of Medicine and a world-renowned expert on OCD, shows you how to: • Free yourself from obsessive-compulsive behavior! Schwartz ' s Four-Step method has helped thousands of people overcome irrational impulses through a process of Relabeling , Reattributing , Refocusing , and Revaluing to defeat their obsessive- compulsive tendencies.

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Free download or read online Brain Lock: Free Yourself from Obsessive-Compulsive Behavior pdf (ePUB) book. The first edition of the novel was published in March 1st 1996, and was written by Jeffrey M. Schwartz. The book was published in multiple languages including English, consists of 219 pages and is available in Paperback format.

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Brain lock is a term coined by Schwartz to describe obsessive-compulsive behavior and to describe a treatment plan he published in his 1997 book Brain Lock: Free Yourself from Obsessive-Compulsive Behavior.