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Jeffrey Schwartz: You Are More than Your Brain - Science Uprising Extra ContentAn introductory overview of the four steps treatment method for OCD A highly effective self-treatment method for overcoming OCD **How to Get Free Of OCD** The neuroscience of habit with Dr Jeffrey Schwartz at Mind [u0026-Its-Potential-2015](#) **'Brain Lock' The OCD Approach I Recommend to my Clients** **FIRST LOOK - Stormwatch Force - 10 Edition - 40th Anniversary - Jetro - Taii Guides - Meditation for Detachment From Over-Thinking - Anxiety - OCD - Depression** *Five Rules to Beat OCD How Dr. Daniel Amen Repairs the Brain with Healthy Living* Obsessive Compulsive Disorder - (OCD) Treatment Tips [u0026](#) [Help](#) *4 Tips To Detox Your Brain With Dr Daniel Amen* #OCD: Starving The Monster | Tauscha Johanson | TEDxIdahoFalls *Flying with the Air Force in a T-38C Talon David Grossman: Israelis 'more prone to fanaticism and fundamentalism'* **STS-80: Story Musgrave Discusses Columbia's 1996 Landing** **8 - OCD Treatment - How to stop the thoughts!** *FlossTube 7 - How many FFOs! How Mindfulness Treats OCD [Jeffrey Schwartz]* *Science of How OCD Works Dealing with Brain Lock Fiction Writing, Brexit* [u0026](#) [Western Culture - Helen Dale | Real Talk with Zuby #098](#) *Ask Anne-Marie: Business Tips Spotlight On The Troubles: A Secret History - Episode 4 Overcoming Brain Lock*

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This is the 20th anniversary edition of the definitive classic on defeating obsessive-compulsive behaviour, with all-new material from the author. Book Synopsis 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 centres throughout the world. Proven by brain-imaging tests to actually alter the brain's chemistry, this method doesn't rely on psychopharmaceuticals.

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

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Conventional science has long held the position that 'the mind' is merely an illusion, a side effect of electrochemical activity in the physical brain. Now in paperback, Dr Jeffrey Schwartz and Sharon Begley's groundbreaking work, The Mind and the Brain, argues exactly the opposite: that the mind has a life of its own. Dr Schwartz, a leading researcher in brain dysfunctions, and Wall Street Journal science columnist Sharon Begley demonstrate that the human mind is an independent entity that ...

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