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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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In essence, they use the mind to fix the brain. Using the real-life

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Brain Lock: Free Yourself from Obsessive-Compulsive ...

Jeffrey Schwartz and Beverly Beyette, Brain Lock: Free Yourself from Obsessive-Compulsive Behavior, New York: Regan Books, 1997. ISBN 0-06-098711-1. Jeffrey Schwartz, You Are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life, New York: Avery, 2011. ISBN 1-58333-426-2.

Jeffrey M. Schwartz - Wikipedia

Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior Jeffrey M. Schwartz

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Source: "Brain Lock," by J. Schwartz, Regan Books, 1996. More information. Dr. Jeffrey Schwartz' Four Steps for OCD are a great self-help technique, but if your OCD is severe, you may need professional help. If you are still struggling with OCD after trying the 4 Steps, contact us for a consultation. Contact Us For A Consultation

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