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Schwartz, Beverly

Beyette 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.

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book. The first edition
of the novel was
published in March 1st
1996, and was written
by Jeffrey M. Schwartz.
The book was
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English, consists of 219 pages and is available in Paperback format.

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...
Mr Schwartz

Brain Lock's central philosophy about freeing yourself from your thoughts and urges, so that you act the way you truly want to, reminds me of ACT (Acceptance and Commitment Therapy).

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Jeffrey M. Schwartz, a
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Medicine and a world-
renowned expert on
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to: - Free yourself from
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Yourself from...
book by Jeffrey M.
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Brain lock. Brain lock is a term coined by Schwartz to describe obsessive-compulsive behavior and to describe a treatment plan he published in his

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1997 book Brain Lock:

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Behavior. In the book

Schwartz claims that

obsessive-compulsive

disorders (OCD) are a

result of a bio-chemical

imbalance where brain

functions will get

"locked" in an

obsessive-compulsive

...

**Jeffrey M. Schwartz -
Wikipedia**

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