

The book was found

# Brain Lock



## Synopsis

A self-treatment program for obsessive-compulsive disorder shares personal case stories and demonstrates how sufferers can apply a drug-free, brain metabolic behavioral therapy to their own lives. \$35,000 ad/promo. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 38 minutes

Program Type: Audiobook

Version: Abridged

Publisher: HarperAudio

Audible.com Release Date: August 3, 2009

Language: English

ASIN: B002KAEMBQ

Best Sellers Rank: #85 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #138 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #265 in Books > Medical Books > Psychology > Pathologies

## Customer Reviews

I read Dr. Schwartz' book over 2 years ago while in the throes of a debilitating panic disorder fueled by OCD-like intrusive thoughts. Once the panic was under control (via meds) I started to search for a cognitive-behavioral treatment plan to control the obsessive thoughts. For years I tried to self-analyze the thoughts which amounted to pulling on one of those ropes which would further constrict the more you struggled. The panic disorder finally led me to a specialist who diagnosed both the panic and a mild form of OCD. I say mild since there are clearly OCD patients whose lives are extremely curtailed by the disorder such as incessant hand washing, fear of contamination, leaving the house, and so on. I'm fortunate not to suffer from this form of OCD, although I have experienced some agoraphobia, not uncommon with panic/OCD patients. As a result, I now understood that OCD (and panic) is nothing to be ashamed of and in fact is highly treatable due to recent, breakthrough advances in treating mental illness, medication being at the top of the list. Knowledge is power so no longer stigmatized, I was able to approach the problem as any other by looking for further research on treating the disorder and lucky for me, I came across the book "Brain Lock". "Brain Lock" demystifies OCD by attempting to explain the physiology behind the disorder. I am not medically trained but found the explanations plausible enough to continue on into the

treatment phase. The most memorable, constantly reinforced phrase I recall from the book is that whenever you find yourself obsessing about an undesired thought, simply say to yourself "its not me its my OCD".

This book teaches OCD sufferers four steps to use to control their disorder, starting with "relabeling" their fears and urges as just a symptom of a disorder, rather than "something real." By reading the case studies, I figured out that "relabeling" means telling yourself, "My urge to perform my compulsive ritual is not a supernatural omen that something terrible will happen if I don't perform the ritual; it's just a symptom of OCD." The author never actually explains this, however. The technique described in this book may be quite useful for people who have the most common form of OCD - a fear that something terrible will happen if they don't perform some ritual. However, it's not really clear how to apply the techniques in this book to forms of OCD that don't involve a fear of some catastrophe. For example, the author never really says (or gives a good example of) how to apply relabeling to a tendency to hoard objects, an urge to pull out one's hair, an irrational belief that one is ugly, etc, although he claims his techniques work for all of these problems. I suspect that these other forms of OCD need a completely different approach. Worse, the author makes it sound as if beating OCD is relatively straightforward, and that if his technique doesn't work, it can only be because the patient didn't try hard enough. He seems unwilling to consider that his approach may not work for everyone, preferring to place the blame on his patients instead. For example, he describes one patient, Brian, who had an intense fear of contamination from battery acid. Brian would sneak to the scene of car accidents in the middle of the night to apply baking soda, which he felt would "neutralize" the contamination from a possible car battery leak.

[Download to continue reading...](#)

Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Brain Lock: Free Yourself from Obsessive-Compulsive Behavior Brain Lock Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior OCD: Take CONTROL of Obsessive-Compulsive Behavior for good!: A guide to how to free yourself from Obsessive Compulsive Disorder (OCD). (OCD, Obsessive ... Brain Lock, Delivered from Distraction) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To

Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Grain Brain Audiobook: David Perlmutter GRAIN BRAIN Audio CD: Grain Brain David Perlmutter Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) Brain Games #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Gunsmithing at Home: Lock, Stock & Barrel- A Complete Step-by-Step Fully Illustrated Guide to the Art of Gunsmithing, 2nd Edition Lock Picking Made Easy (Locksmith Instruction Book 1) DON'T BUMP MY LOCK!: How Bump Keys Work, and How To Make Your Home Bump Proof Picking your way to Safety: Simple lock opening hacks The Rape of the Lock and Other Poems (Signet Classics) Streets on Lock Department of Temporal Investigations: Time Lock (Star Trek: Deep Space Nine)

[Dmca](#)