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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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