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About the author (2009)
Jeffrey M. Schwartz M.D. is
an internationally-
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The first edition of the
novel was published in March
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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 1997 book
Brain Lock: Free Yourself
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Behavior. In the book
Schwartz claims that
obsessive-compulsive

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disorders (OCD) are a result of a bio-chemical imbalance where brain functions will get "locked" in an obsessive-compulsive ...

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More information. Dr.

Jeffrey Schwartz' Four Steps
for OCD are a great self-
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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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Brain Lock is a must read for anyone who has OCD and wants to combat it, or wants to learn about what OCD is and what people with OCD actually experience. The book is written by a doctor who has studied OCD for years, and features first hand accounts from many patients about their symptoms, treatment, and progress.

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In Brain Lock, Dr. Jeffrey

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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 ...

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I thought that the numerous
case studies in this book,
while helpful in an
empirical sense, distracted
from the main thrust of the
book: attempting to curb and
eventually minimize OCD
symptoms.

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