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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:

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psychiatrist at the UCLA School of Medicine and a world-renowned expert on OCD, shows you how to:

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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). I quite like this philosophy.

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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 from Obsessive-Compulsive Behavior*.

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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

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