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Brain Lock: Free Yourself from Obsessive-Compulsive Behavior. Brain Lock. Author: Jeffrey M. Schwartz. Paperback.

<http://www.thriftbooks.com/w/brain-lock-free-yourself-from-obsessive-compulsive-behavior-jeffrey-m-schwartz-beverly-beyette/249523>

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<http://ocduk.org/four-steps>

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<https://recoverynetworktoronto.wordpress.com/2012/02/16/brain-lock-jeffrey-m-schwartz/>

Obsessive compulsive disorder - Wikipedia, the -

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<http://www.powells.com/biblio/9780060987114>

Jeffrey M. Schwartz - Wikipedia, the free -

Brain lock is a term coined by Schwartz to describe and that OCD can be self-treated by following four Jeffrey Schwartz, You Are Not Your Brain:

http://en.wikipedia.org/wiki/Jeffrey_M._Schwartz

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OCD and the Four Steps; Articles; Books; Research; Links; Self-Help Articles The Four Steps author of the book Brain Lock, describes the critical four steps

<http://www.hope4ocd.com/selfhelp.php>

NAMI Greater Orlando | OCD -

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Jul 03, 2010 In an earlier post I published Jeffrey Schwartz, M.D s In your book Brain Lock you present a four step If you change your focus

<http://blogs.psychcentral.com/mindfulness/2010/07/4-steps-to-stress-management-an-interview-with-jeffrey-schwartz-m-d/>

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<http://www.jeffreyschwartz.com/books>

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<http://www.harpercollins.com.au/9780061961878/brain-lock>

Jeffrey M. Schwartz - Wikipedia, the free -

Brain lock is a term coined by Schwartz to describe obsessive-compulsive compulsive pattern and that OCD can be self-treated by following four steps,
http://en.wikipedia.org/wiki/Jeffrey_M._Schwartz

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<http://www.cos.edu/Academics/ConsumerFamilyStudies/FosterCare/FKCE/Pages/Library.aspx?CatFilter=Mental%20Health%20Issues%20-%20Obsessive%20Compulsive%20Disorder>

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