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***How Jack Attracts***

***Success*** Jack Canfield shows how he achieved success using the Law Of Attraction

***An Introductory  
Overview of the Four  
Steps Treatment***

***Method for OCD*** This video was filmed live in London at an OCD-UK event on 9th October 2006.

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Yourselves From  
**Jeffrey M. Schwartz**  
**Brain Lock**

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Schwartz **Brain Lock.**  
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**4 steps to changing  
your brain for good**  
**[Jeffrey Schwartz]** 1.

Relabel 2. Reframe 3.  
Refocus 4. Revalue  
Research Psychiatrist  
Jeffrey Schwartz (UCLA)  
explains his 4-step  
mindfulness ...

**Jeffrey Schwartz:**  
**You Are More than**

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***Your Brain - Science  
Uprising Extra***

**Content** In this bonus interview footage from Science Uprising, research psychiatrist Jeffrey Schwartz, MD, discusses evidence from the ...

***How Mindfulness  
Treats OCD [Jeffrey  
Schwartz]***

When Jeffrey Schwartz discovered self-directed neuroplasticity, he

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found it in the context  
of treating obsessive-  
compulsive ...

## **Science of How OCD Works (Dealing with Brain Lock)**

Explanation of how an  
OCD afflicted brain  
causes irrational and  
unhealthy behaviors &  
A method for treating  
it.

▲Patreon ...

## **Retroactive Jealousy OCD: Four Steps to**

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**Freedom with "Brain  
Lock" | RetroactiveJe  
alousy.com** This is a  
bonus lecture from  
"Get Over Your  
Partner's Past Fast,"  
my online course on  
overcoming retroactive  
jealousy OCD ...

**Dr Jeffrey M  
Schwartz 'You are  
not your brain' at  
Mind & Its Potential  
2011** For more  
information visit [http://  
www.mindanditspotent](http://www.mindanditspotent)

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ial.com.au/. Also check  
out our Happy & Well  
blog ...

## ***How I 'cured' my***

**OCD** This is a topic  
close to my heart and  
**brain!** Please note as  
you watch this that I  
am speaking of my  
own experience and it  
is not ...

## ***How to Get Free Of***

**OCD** In this video,  
author and mental  
health educator

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Behavior Jeffrey  
Douglas Bloch shares a  
simple to apply four-  
step process for  
responding to ...

## **8. OCD Treatment: How to stop the thoughts!** CBT

Therapist Katie d'Ath  
talks about whether it  
is possible to get rid of  
the unwanted thoughts  
that people suffering  
with OCD ...

## **How to overcome an obsessive-**

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***compulsive disorder:  
#1 TIP TO STOP OCD  
FOREVER*** Overcoming  
Obsessive Compulsive  
Disorder (OCD) - the  
root cause revealed so  
we can heal the root  
instead of endlessly  
fighting ...

***Guided Meditation  
for Detachment  
From Over-Thinking  
(Anxiety / OCD /  
Depression)*** This  
meditation encourages  
a calm awareness of

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the breath, and also a  
gentle detachment  
from the habits of  
rumination (ie.

Behavior Jeffrey

## **AUDIOBOOK: How To Control Your**

### **Anxiety- Albert Ellis**

By following the rules  
of Rational Emotive  
Behavior Therapy  
(REBT), created by  
world renowned  
therapist Dr. Albert  
Ellis, you can ...

## **The Amazing Power**

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Yourselves From  
**of Your Mind - A**

**MUST SEE!** For more  
**free** tips to help you  
calm your mind, react  
more calmly to  
negative situations and  
help you live in the  
present moment ...

**OCD3: Dr. Phillipson  
Talks Science,  
Symptoms &  
Treatment of OCD** In  
an exclusive one-on-  
one interview,  
advocate and Made of  
Millions cofounder,

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Yourselves From  
Obsessive  
Compulsive

Aaron Harvey, sat  
down with leading  
clinical ...

## ***The neuroscience of habit with Dr Jeffrey Schwartz at Mind & Its Potential 2015***

Are bad habits and  
unhealthy thinking  
taking control of your  
life? Learn why habits  
are so hard to break  
and how you can  
reframe ...

***4 Steps to Beat***  
*Page 15/27*

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Yourselves From  
**Addiction - A**

**behavioral approach**

Beat addiction here: <http://truthofaddiction.com/> In this video, we will be getting right down to the meat of the subject and show you ...

**OCD Mindfulness;**

**ACT and Radical**

**Acceptance** Video

taken from my online course for OCD <http://learn.mytherapist.ie/courses/ocd-self-help/> I find



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that people tend to do  
better if...

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Grant How Non-  
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Healing Mind website  
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hehealingmind.org/](https://thehealingmind.org/)

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Physician, author,

speaker, researcher,  
and consultant ...

## ***Living With Me And My OCD by Claire***

***Watkinson*** Living With

Me And My OCD is a  
personal documentary  
about OCD directed by  
OCD-UK member,  
Claire Watkinson.

Claire's ...

## ***Deep Brain Stimulation for Obse ssive-Compulsive***

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**Disorder** Amy Iannuzzi-Tingley secretly struggled with obsessive-compulsive disorder for years before seeking diagnosis and treatment.

**BEFORE YOU  
OVERTHINK, WATCH  
THIS** This Story about Harry Houdini will make you question your own mind.

☐☐ JOIN MY LIFE SCHOOL

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AND GET PERSONAL  
AUDIO MESSAGES ...

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METHODS TO BEAT  
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To Improve Your  
Mental Health  
During The  
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yt](http://londonreal.tv/masterclass-yt)

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LATEST ...

Obsessive  
***Being mindful and  
changing your brain  
[Jeffrey Schwartz on  
Mindfulness]*** Jeffrey  
Schwartz (Research  
Psychiatrist at UCLA)  
explains the basics of  
mindfulness in the  
context of Christian  
spiritual formation ...

***You Are Not Your  
Brain | Dr. Jeffrey  
Schwartz & Dr.  
David Carreon***

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Featuring: Jeffrey

Schwartz RESEARCH  
PSYCHIATRIST UCLA &  
David Carreon  
RESIDENT Jeffrey

PSYCHIATRIST  
STANFORD Dr.

## ***OCD Treatment That Changes The Brain***

Dr. John Preston  
describes an OCD  
treatment that has  
been demonstrated to  
change the functioning  
of the **brain**. It is an  
example

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## Overcoming Brain Lock

There are times that we become fixated on the wrong things and can't see anything else. Here's how to reset your focus.

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