
Brain Lock Jeffrey Schwartz Pdf Free Download !LINK!



his book *Brain Lock: Free Yourself from Obsessive-Compulsive Behavior* was written for those who recognize obsessive-compulsive disorder in themselves and want to rid themselves of the debilitating obsessions that beset them. Through the use of simple exercises, Schwartz and Gladding explain how to identify and change the negative brain impulses that give rise to obsessive thoughts. Schwartz says that the severity of an obsessive-compulsive disorder can be classified into four levels: mild, moderate, severe and extreme. In his book, he provides a step-by-step program to help individuals get rid of OCD symptoms. Through this program, he helps his patients identify the root causes of their obsession and, using simple exercises, can effectively change the brain circuits that lead to the obsessive thoughts. The PET scans would show where the brain was preferentially lighting up or not, Schwartz explained in a 2005 biological psychiatry paper, and could reveal patterns of activity that might correspond to symptoms of OCD. And in his own experience, he and Baxter had seen OCD symptoms subside when patients reduced their caudate activity. In the OCD group, the PET scans also showed a direct correlation between blood flow and the severity of the patients' OCD symptoms. Schwartz and Baxter confirmed the correlation in their own work. In their paper, they suggest that the caudate nucleus and its interconnecting circuitry may represent the brain's primary circuit for OCD. When the caudate circuit gets spooked, it can become a vicious loop, which then causes OCD.

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