



Brain Lock: How to beat Obsessive Compulsive Disorder (OCD)

Dr. AJ Redding

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Are you looking for a way to beat Obsessive Compulsive Disorder?

Do other books seem to miss lead you on what (OCD) actually is?

Obsessive Compulsive Disorder is an anxiety disorder disease associated with obsessions and compulsions which involuntary compel a person to act upon certain rituals again and again without making much sense. The recurring thoughts repeatedly cause uneasiness, distress and impulsive behavior.

What you'll learn inside:

- What (OCD) means
- How to beat (OCD) with simple tips
- Why having obsessions can be harmful
- The different types of (OCD)
- And much, **MUCH** more!

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