Brain Lock Twentieth Anniversary Edition Free Yourself From Obsessive Compulsive Behavior

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Gay Hendricks is a great role model for true success. He enjoys abundance and a deep connection with his own spiritual essence, and at the same time has lived for three decades in a thriving marriage. Now, he shows us how to do it for ourselves. Mark Victor Hansen, co-author of Cracking the Millionaire Code In The Big Leap, Gay Hendricks, the New York Times bestselling author of Five Wishes, demonstrates how to eliminate the barriers to success by overcoming false fears and beliefs. Fans of Wayne Dyer, Eckhart Tolle, Marianne Williamson, and The Secret will find useful, effective tips for breaking down the walls to a better life in The Big Leap."
Traditonal Chinese Edition of [The Pull of the Stars]. A novel about the flu pandemic a hundred years ago, but it reads completely in line with the present, depicting the same frustrations, tensions, hopes, and dangers of the present and the past.
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Imagine believing that if the lock on the front door

isn’t checked for the eighth time in a row, a family member will die, or that if a used fast-food wrapper is thrown away, it may be needed five years into the future to prevent a financial catastrophe. This is the type of psychic world inhabited by those with Obsessive-Compulsive Disorder (OCD)… Purchase this in-depth summary to learn more.
??????????????? ???????????? ????????????????? ??? ???????????? ??????????????????????????????? ???????? ??????????Shelf Awareness?ABC News???????? ???????Anthony Robbins??????????????Unlimited Power?????????? ???????Al Roth??????????? ??????Terry Jones?????????? ??????Tyler Cowen????????????? ???????Tim Harford????????????? ?????????????????Ask Ariely?85????????10??????? ?????????????????William Haefeli??????????????????????? 2012?????????????????????????Ask Ariely??? ?????????????????????????? ???????????? ?????????????????? ?????????????????? ?????????????????????????????? ?????????????????????? ??? ?????????? ??
The 20th anniversary edition of the definitive classic on defeating obsessive-compulsive behavior, with all-

new material from the author. An estimated 5 million Americans suffer from obsessive-compulsive disorder (OCD) and live diminished lives in which they are compelled to obsess about something or to repeat a similar task over and over. Traditionally, OCD has been treated with Prozac or similar drugs. The problem with medication, aside from its cost, is that 30 percent of people treated don't respond to it, and when the pills stop, the symptoms invariably return. In Brain Lock, Jeffrey M. Schwartz, M.D., presents a simple four-step method for overcoming OCD that is so effective, it's now used in academic treatment centers throughout the world. Proven by brain-imaging tests to actually alter the brain's chemistry, this method doesn't rely on psychopharmaceuticals. Instead, patients use cognitive self-therapy and behavior modification to develop new patterns of response to their obsessions. In essence, they use the mind to fix the brain. Using the real-life stories of actual patients, Brain Lock explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their psychic prisons and regain control of their lives.

Society requires years of preparation for almost any significant career endeavor, but demands no preparation for one of the most crucial undertakings in life: marriage. In an age of disposable marriages and information overload, couples can only turn to

one place for real answers that will make their relationship work to God. Marriage on the Rock clearly details God's principles that will strengthen good marriages and turn disillusioned, divorce-bound marriages into satisfying, dream relationships. There's good news: You have a 100% chance of succeeding in marriage! But it all depends on what you are willing to put into it-and Whom you have at the center. Relationship experts Jimmy and Karen Evans know this firsthand. Here, they weave their own personal experience together with what Jimmy has learned through more than two decades of counseling other couples. Whether engaged or married, you'll find that God's principles detailed in Marriage on the Rock will help you prepare for marriage or strengthen a good marriage. You'll also discover how to turn what may be a disillusioned, divorce-bound marriage into a satisfying, dream relationship. Learn how good things like children, work, or hobbies can stand in the way of your relationship. Discover who can meet your deepest needs. See what makes a destructive husband or wife. Find out how to make your spouse a priority in your marriage, and how to make time and energy for the two of you. By following the four fundamental laws of marriage Jimmy and Karen Evans outline here, you'll find new peace and satisfaction in your marital relationship, even if you are the only one trying to improve your marriage. The honeymoon

doesn't have to be over! Discover God's design for your dream marriage today. ..... "
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