

When in Doubt, Make Belief

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"A much-needed work."  
— LARRY KING

# WHEN IN DOUBT, MAKE BELIEF

AN OCD-INSPIRED  
APPROACH TO LIVING  
WITH UNCERTAINTY

Field-Tested  
(and Re-Tested and Re-Re-Tested)  
Strategies for Confronting Fear and Worry

JEFF BELL  
author of *Rewind, Replay, Repeat*

Foreword by Michael A. Jenike, MD

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著者: Bell, Jeff

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When in doubt, make belief . For author and news anchor Jeff Bell, these are words to live by. Literally. As someone who has spent much of his life battling severe obsessive compulsive disorder (OCD), Bell has had to overcome crippling uncertainty few people can imagine. In this powerful follow-up to his critically acclaimed memoir, *Rewind, Replay, Repeat* , Bell expounds on the principles of applied belief that allowed him to make such a remarkable recovery from this “doubting disease” and the lessons he’s learned while traveling the country talking about doubt. With the help of more than a dozen leading experts, Bell offers readers practical techniques for pushing through the discomfort of uncertainty — whether it stems from OCD or just everyday worries — and demonstrates how a shift from decisions based on fear and doubt to ones based on purpose and service can transform any life.

Featuring interviews with Sylvia Boorstein, Patty Duke, Dan Millman, Leon Panetta, Tom Sullivan, and others

作者介绍:

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