



# **OCPD's Only Hope of Psychological Wellness! Part 2 of 2: The Central Disciplines of OCPD Life Liberation**

*Mack W. Ethridge*

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Greetings! And a genuine Welcome! To all Seekers of Deliverance from their present state of OCPD unhappiness, upset, and sadness (to put it ever so mildly!) For the volume OCPD's Only Hope of Psychological Wellness, The One Scientific Plan Capable of Progressively Freeing the OCPD Bound, a nationwide best seller, historically available under one cover, is now available in two parts. This second part involves the central DISCIPLINES which, when adopted, and internalized, lead to liberation from all OCPD predispositions or leanings, no matter how entrenched or firmly established in one's psyche these may be. As mentioned in the description for Part 1, this greatly needed and desperately desired dramatic change in the Quality of one's life experience, for the better, is shown to not only be possible, but a virtual CERTAINTY for those individuals who possess (or acquire) at least a modicum of Insight, who are willing to nurture it, and permit it to GROW, by committing themselves to adopting this comprehensive, first-of-its-kind, OCPD Deliverance Program specifically designed to alter the character and quality of their daily thoughts, to those of a positive, invigorated (energy-elevating), peace-filled, satisfying, gratifying, personally supportive, relationship-enhancing, and others' liberty recognizing and rejoicing-over, nature. But, for this wholly sane and healthful outcome to come about, the OCPD person must be willing to establish NEW mental disciplines and behavioral practices relative to WHAT they think (the Meaning they ascribe to others' actions), HOW they think (the Perspective they adopt to view others' actions), and WHY they say – or should refrain from saying – what they do (the Intent underlying their speech). And for those OCPD people who do adopt this program as a continual Lifestyle choice, the INNER FREEDOM they will experience will be like a dream come true! – So great will the difference be between their former life of OCPD dread and captivity, to their (your!) present, newly-acquired life of daily enjoyment, appreciation, and psychological liberation! Further, this book, Part 2, will provide the OCPD person with daily, acquiring Insight, central objectives to follow, specific and common-sense ways to circumvent and disarm OCPD behaviors before any damage to relationships occurs, methods to extinguish unwelcome OCPD feelings, and key questions to help you identify the exact nature of your thoughts, so as to quickly modify or abandon them. Some closing thoughts: Recognizing that you, as an OCPD person, have been mistaken about some things is a sure sign of growth and progression. But, acknowledging that you have been mistaken about MANY things is the mark of quite an extraordinary individual! Confessing the Truth, first to yourself, then, to others, can ONLY serve to advance your life to a better and higher level! It is to YOU, then, dear OCPD person, who are among some of the most moral, worthy, and capable people on this planet, this book admirably, gratefully, and optimistically (relative to your soon-to-be realized, day-by-day deliverance) is dedicated! We, here, at New Frontier Health Research, thank you for your presence in the world! You are needed, valued, and respected! With All Sincere Best Health Wishes! The Author and the NFHR staff NOTE: For additional detailed information on the contents of this book, visit the Amazon description page for OCPD's Only Hope of Psychological Wellness! – The One Scientific Plan Capable of Progressively Freeing the OCPD Bound. (PS: Since 2014, Mack's OCPD writings are being offered by New York's award-winning Northwell Health Care System at their OCD Center as an adjunct to patients seeking education and/or treatment for OCPD.) The Author's PROFESSIONAL AFFILIATIONS: Member– IOCDF; Member– NAMI; Benefactor– Columbia University New York State Psychiatric Institute (NYSPI), OCD Research Center; Contributor –NIMH; and Donator–The Mental Illness Research Association (MIRA)

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