



OCPD's Only Hope of Psychological Wellness! Part 1 of 2: The Primary Basics of OCPD Mental Transformation

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. The first part involves the primary BASICS of what can only be rightly referred to as OCPD Mental Transformation. This thorough, and for some, even dramatic change in the Quality of their 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 created 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. In other words, where all those distressing and disharmonious thoughts, all those argumentative and contrariwise inclinations, all those obsessively-compulsive and life-draining controlling urges, and all those discontented musings and feelings, are, progressively, one after the other, EXTINGUISHED! 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 1, will lay the solid philosophical groundwork (meaning, overall life approach and outlook) for progressing to The Central Disciplines (or mental practices and exercises) of OCPD Liberation, found in Part 2. Some closing thoughts: The Greatest Truths often overlooked are those directly in front of your face. We can be so close to a given situation that we fail to see what is so evident in plain sight. This book, Part 1, may be just such a book to you. It stands before you attempting to communicate Truths in the clearest of language that CAN dramatically change your life. It will remain up to you, however, to recognize its Wisdom and to appropriate its Insights as your very own. 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 helpful 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. Here you may also read of the many positive reviews grateful purchasers and thankful readers (including doctors, nurses, and other health care professionals) of this book have voluntarily submitted that others might know how valuable, practical, encouraging, easy-to-understand, and effective this Program of Deliverance really is. (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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