



OCPD's Only Hope of Psychological Wellness!: The One Scientific Plan Capable of Progressively Freeing the OCPD Bound

Mack W. Ethridge

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A PERSONAL MESSAGE to one who suspects she or he has, or is suspected by others of having, OCPD: Dear Reader and new-found Friend, Congratulations! By your willingness and open-mindedness to explore, reflect upon, and consider the validity of the vital message of this book, and its possible direct application to you, you have demonstrated personal courage of a very high order. In all likelihood, you were told of this book by a loved one or dear friend who has your best interests at heart, and desires above all else that you lead a rich, rewarding, joyful, and fulfilling life. But, to do so it is imperative that you acquire accurate, state-of-the-art, scientific (psychologically-sound) knowledge of the condition they feel justified in believing you have. To that end, this book presents a proven program for psychological wellness directed to those individuals who suffer from this mental disability called Obsessive Compulsive Personality Disorder. To be bold and wholly truthful, it must be stated, without apology: it is a serious mental illness that wreaks havoc and creates ongoing misery in the lives of those people on the 'receiving end' of the OCPD person's dysfunctional speech and behaviors. It, also, causes untold harm and damage to the OCPD person, himself (or herself). That is why this book was written. To help awaken the OCPD person to the destructiveness of their behaviors to others, but **PRIMARILY TO THEMSELVES**, and to facilitate the emergence of 'Insight', without which no OCPD person will ever recover. Though you may strongly feel this disorder has nothing to do with you, do yourself the favor of obtaining and studying this book if only to increase your fund of knowledge, and to know with certainty that you are, indeed, well. I counsel you not to let fear of what disquieting truths you might find about yourself deter you, or false pride, dissuade you. You may find persuasive reasons, herein, that cause you to suspect you just might have OCPD, after all. And with that knowledge will come the Power to deliver you from bondage to yourself. This compendium is a wholly unique, first-of-its-kind, self-help educational volume, workbook, program of instruction, and personal 'coach' all rolled into one. There is no book like it on the market, anywhere, today. This volume's treatment approach is that of a multi-disciplinary one, within a framework of Immersion Therapy coupled with the relatively new, highly promising, field of Positive Psychology. Numerous and varied disciplines from every field of knowledge, past and present, have been drawn upon by the author to uncover the best tools and techniques, methods and strategies, known to date, that pertain to the unique challenges posed by this highly proliferating disorder. Those disciplines are: psychological and psychiatric (cognitive behavioral), medical, human potential movement, science of personal development, meditative practices, universal religious insight, poetic wisdom sources, and holistic, among others. As it will take the marshaling of all of these 'forces for good' to overcome the deeply entrenched maladaptive patterns and habits of belief, thought, and behavior that make up the mindset of the OCPD person. But, with their combined wisdom from these various sources, countless OCPD persons will surely find speedy relief, comfort, reassurance, deliverance, and healing, as will those persons, who by necessity or by choice, interact with them on a recurring basis. With Every Good Wish, The Author

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