



## When in Doubt, Make Belief: Life Lessons from OCD

By Jeff Bell, Michael A. Jenike

New World Library. Paperback. Book Condition: new. BRAND NEW, When in Doubt, Make Belief: Life Lessons from OCD, Jeff Bell, Michael A. Jenike, When in doubt, make belief. For author/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 (a.k.a. The Doubting Disease), 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 and the lessons he's learned while traveling the country talking about doubt. With the help of more than a dozen leading experts on OCD, anxiety, and applied belief, Bell offers readers struggling with chronic uncertainty - or just plain everyday worries - practical, life-changing strategies for making belief. Bell describes how everyone must push through doubt before they can accomplish anything, whether it is the everyday doubts about airline or highway safety and worries about our children to the more crippling doubt of people with OCD. He talks about the dueling directors within each of us, the default and greater good directors, and how...



**READ ONLINE**  
[ 6.76 MB ]

### Reviews

*A must buy book if you need to adding benefit. It really is packed with wisdom and knowledge I found out this book from my dad and i encouraged this pdf to understand.*

-- **Mr. Bennie Hirthe**

*Most of these publication is the perfect publication offered. It is amongst the most incredible book we have read through. You can expect to like just how the writer write this pdf.*

-- **Theresa Bartell DVM**

## See Also

---



### [Estrellas Peregrinas Cuentos de Magia y Poder Spanish Edition](#)

Pinata Books. Paperback. Book Condition: New. Paperback. 178 pages. Dimensions: 8.3in. x 5.4in. x 0.6in. First ever Spanish-language edition of the critically acclaimed collection of short stories for young adults by a master of Latino literature. We were all walking stars, the eighty-four year...

---



### [Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook](#)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. From a certified teacher and founder of an online tutoring website—a simple and effective guide for parents and students to...

---



### [How to Make a Free Website for Kids](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...

---



### [Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...

---



### [Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One](#)

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...

---



### [Becoming a Spacewalker: My Journey to the Stars \(Hardback\)](#)

Purdue University Press, United States, 2014. Hardback. Book Condition: New. 284 x 216 mm. Language: English . Brand New Book. This nonfiction picture book is a children s version of NASA astronaut Jerry L. Ross s autobiography, Spacewalker: My Journey in Space...

---