

Discover How to Free Yourself From Your OCD and Take Back Your Life!

DEVELOPED BY RICH PRESTA AND DR. CHERYL LANE

THE OCD RESCUE PROGRAM

Discover How to Free Yourself From Your OCD and Take Back Your Life!

Developed by Rich Presta and Dr. Cheryl Lane, The OCD Rescue Program aims to combine the power of the latest advances in technology with time tested therapeutic and psychological strategies to bring you a cutting-edge program developed to finally free you from your obsessions, compulsions, and anxiety. The best part is, it's completely **GUARANTEED TO WORK FOR YOU** or you won't pay a cent! Click below to order your copy of the OCD Rescue Program now, or keep reading to learn more about how your Obsessive-Compulsive Disorder works and why we're convinced you **CAN OVERCOME IT**.



[Click to Order Your Copy of the OCD Rescue Program Now!](#)

RICH PRESTA'S PROGRAMS HAVE BEEN SEEN IN: **About.com** *The New York Times*



"You Don't Have to Live With Your OCD..."

**Obsessive-Compulsive Disorder can devastate your life,
but it doesn't have to.**

Research has estimated that as many as 3 million people in the US alone have their lives interrupted by frequent and recurring obsessive thoughts that they just can't seem to stop, and compulsive behaviors they feel intensely drawn to perform as a means of alleviating their feelings of anxiety. It's called Obsessive-Compulsive Disorder, you're not alone in your struggle, it's not your fault, and by finding the treatment path that is right for YOU, I'm convinced you'll find that your condition CAN be successfully overcome.

How does your Obsessive-Compulsive Disorder (OCD) effect your life?

- Does recurrent obsessive and distressing thinking interfere with your life but you can't suppress it no matter how hard you try? People have said OCD feels like a "**brain itch**" they just HAVE to scratch.
- Do you frequently feel like you must perform tasks or rituals "correctly" such as in a certain order, a certain number of times, or with perfect **symmetry**?
- Do you **KNOW** your obsessions and compulsions often don't really make sense but you **STILL** can't seem to stop them?
- Are you overly focused on things like dirt or germs or other kinds of contamination that leads to compulsive cleansing such as frequent hand-washing or sanitizing?
- Do you feel drawn to repeatedly **check things** such as door locks or appliances because you doubt yourself? Do you ever find yourself checking to make sure you didn't hurt someone?
- Are you compelled to **count** things?
- If you DON'T perform a task, ritual, or compulsion, do you worry that **something bad will happen**?
- Is collecting or hoarding a problem in your life or do you struggle with other obsessive and compulsive disorders such as hair pulling (trichotillomania), Body Dysmorphic Disorder (BDD), or hypochondria?

- Do you ever get afraid that you're going to act out in an **embarrassing or socially inappropriate way** such as by suddenly shouting obscenities or doing something that goes against your morals and values?
- Are you compelled to seek reassurance from people or engage in superstitious or **impulsive behaviors**?
- Are you embarrassed or ashamed about your condition?

The above is a just a small sample of some common symptoms of Obsessive-Compulsive Disorder. As you're going to discover, there's no reason you need to suffer with OCD, and you CAN take back your freedom and life.

You CAN overcome your OCD...



Without Addictive or Dangerous Medication



Without Expensive or Useless Therapy



Without New Age Gimmicks and Nonsense

What is Obsessive-Compulsive Behavior and when is it a problem?

You might have heard people described themselves as "obsessed" about a lot of things, like golf, cooking, or their career. You probably even know someone who has some compulsive or irrational behaviors like biting their nails when they're stressed out, or wearing their "lucky socks" for an important job interview. What's the difference between those types of obsessions and compulsions and a true problem like OCD?

If you found your way here and you're reading this, you probably already know the answer - the difference is the **effect the obsessions and compulsions have on your life**. When we talk about obsessions as they relate to Obsessive-Compulsive Disorder, what we're really talking about is frequent and recurring thoughts that are unwanted and upsetting. Compulsions are the actions or rituals that you may perform in an attempt to reduce the horrible feelings your obsessions cause that can interfere with your normal life.

Here's how your OCD works and the ONE BIG REASON it can be so powerful...

If you struggle with Obsessive-Compulsive Disorder, you know how incredibly powerful and time-consuming it can be and how much it can seem to disrupt your entire life.

Although OCD is classified as an anxiety disorder, it can be very different than other fears, because what you're ultimately afraid of is very often unavoidable. If you have a fear of flying for instance, you can make the decision not to travel by plane, or at the very least, not do it very often. If you have a fear of heights, you can avoid ladders or balconies, and it's usually not going to have a very big impact on your daily life. But when you have a fear of your own obsessions and have your life ruled by your compulsions, it can be much different than those other fears that many people seem to be troubled with. Why?

OCD can be so powerful and potentially devastating for one big reason.

When you have a problem with obsessions and compulsions, what you're ultimately afraid of....is **YOUR OWN THOUGHTS.**

And that can feel REAL frightening, because as fast as you run, no matter where or how you try and hide, you're always there. You become your own worst enemy and your compulsive behavior can feel like an itch in your brain you just **HAVE** to scratch. Just like everyone else I've ever met that has struggled with OCD I think you'll agree with me when I say that the harder you TRY to suppress your anxious and obsessive thoughts, the more **IMPOSSIBLE IT IS!**

Before I explain how I believe you can overcome your OCD, I want to be sure you understand how your OCD works, why you're not strange, crazy, or weak, and why what you're doing now may actually be making you WORSE...

First, let's clear something up. **Struggling with Obsessive-Compulsive Disorder doesn't mean you're strange, crazy, or weak..** Most people with OCD are very intelligent and wonderful people, but their intrusive thoughts and impulses have hijacked their minds. You're anxious and acting in an obsessive and compulsive way because your anxiety has tricked you into associating whatever you're obsessing about with something that's dangerous and mislabeled it as a "threat" in your mind. Then it takes it a step further and convinces you that your compulsive behavior will make you feel better. It's a "one-two punch" that can quickly spiral into something that runs a large part of your life, but let's look closer at what's really going on...

Your obsessive and compulsive behavior is simply your mind's reaction to a message that isn't valid. When your brain perceives something to be a threat to your physical or emotional well-being, it does what it's supposed to do - it engages your internal alarm mechanism that signals you to do something protect yourself - no matter what!

But it's all a big mistake! A giant "mental misunderstanding".

Whenever you have a thought about something that makes you anxious, your mind can start obsessing about the thought and you can feel an overwhelming desire to avoid or escape the "threat" as your body and mind take drastic measures to keep you safe and out of harm's way.

This engages what is known as the "fight or flight" response, which commands your body to take **massive and immediate steps to protect itself**, regardless of whether the threat is actually valid!

The big problem is that what you're obsessing about can be completely overblown or not under your control anyway, and the compulsive behaviors that you perform as a means of stopping the obsessions or anxiety may not have any impact on the situation at all!

Your Obsessive-Compulsive Disorder doesn't occur on a rational or logical level, and that's CRITICAL to overcoming it...

This primitive self-preservation fight or flight response takes place in a part of your brain called the "R-complex", also called the reptilian brain. This reactive part of your brain doesn't use logic or critical thinking to make decisions, it just ACTS, which is why knowing that your obsessing isn't necessary and that your compulsive behaviors don't make sense usually doesn't matter. Your emotions in this part of your brain have little to do with your intellect or reasoning ability...the choice to get anxious, obsess, and take compulsive action isn't occurring on a rational level you can easily take control over.

Once this response is set in motion, within a fraction of a second, stress hormones such as adrenaline cascade through your body which cause symptoms such as racing and obsessive thoughts, an accelerated heartbeat, trembling, sweating, a strong urge to escape the situation or take some action to "fix-it" and more. Of course you know that this response isn't doing you any good since you're not in any actual danger, so you need to be taught how to train your mind to respond differently so it doesn't keep getting tricked into starting the fight or flight chain reaction when there's no need to.

Your OCD is a destructive CYCLE that can be BROKEN...

Let's slow things down and examine exactly what's happening with your OCD so you can see that it's a **predictable cycle**.

First, you think or feel something that makes you anxious. Maybe it's a flutter in your chest, a thought that makes you doubt yourself, a memory of something that happened in the past or may happen in the future, or anything else.

This anxiety triggers your fight or flight reaction which gets tricked into believing that a threat is present, and you begin to obsess about the thought or some other thought that has made you anxious before. Your mind is doing what it supposed to do - figure out what the threat is. The problem is that since nothing is **REALLY** wrong, it decides to relentlessly figure out what **COULD** or **MAY** be wrong and obsession can be the result!

Your mind wants to do **SOMETHING** to feel better, and it wrongly decides that engaging in your compulsive behavior will allow you to put an end to the anxiety you feel by "solving" the problem. Your brain is like a problem solving machine, which is fantastic when there's a real and solvable issue or threat, but it can be a disaster when there isn't.

THE OCD CYCLE



Your obsessions and compulsions are what's known as "conditioned" responses.

Every time you even think about a situation that typically causes your OCD behavior, you recall how you responded the last time you were in the situation and your brain makes the assumption that if you considered it a threat **IN THE PAST**, it should react the same way **NOW**, and it engages the flight or flight response you learned about earlier and the destructive cycle that causes you to obsess and perform compulsive behavior begins once again. Your OCD is the result of this ongoing cycle of anxious thoughts, obsessions, and compulsions that have been repeated and learned...

Your Obsessive-Compulsive Disorder gets stronger the more you "practice" it... you need to teach yourself SOMETHING NEW.

This "learning" of OCD or any other conditioned behavior is thought to be accomplished by the formation of "neural pathways" in your brain. Every time you experience the anxiety which causes your obsessive and compulsive behavior, you form **ADDITIONAL** neural pathways that strengthen your anxious response, resulting in a faster and more severe reaction of anxiety or even panic that makes it highly likely you'll continue to react in the same way in the future. You can actually "train" yourself to have OCD!

It might be difficult to believe that **YOU** are mistakenly reinforcing your OCD, so let's look at how you learned to do something else that has now become second nature...

Think back to when you first learned how to ride a bike.

When you were in the early stages of learning, you had to focus very intently to what you were doing, and you may have even fell down and scraped a knee a few times while attempting to maintain your balance as your brain learned and formed the neural pathways required for bicycle riding.

As you continued to practice, those neural pathways grew more powerful and multiplied, and you fell less frequently as you learned how to make the many minor adjustments to balance required for cycling. When you think about it, riding a bike is pretty complex...you need to constantly balance,

steer, pedal, and pay attention to where you're headed, all at the same time!

Even though it's complicated, rather quickly, you learned to ride a bike without conscious thought, the countless reactions and coordination needed became instinctual and you no longer had to "think" about how to ride...you just **DO IT**.

To this very day, many years or even decades later, you could get on a bike and ride away easily, even if you hadn't ridden a bike since grade school! All because of the wonderful neural pathways you formed a long time in the past...

In a similar way, as you form additional neural pathways in your mind about your obsessions and compulsions by repeating them, you make your negative reaction more automatic, more deeply entrenched in your brain, until that reaction can occur virtually without thought. This is why your OCD now seems so much a "part of you" and why the anxiety you feel can come on so incredibly quickly and powerfully, and why often will-power alone isn't nearly enough to overcome it.

Doesn't it make sense that the key to overcoming your OCD would be to replace your incorrect and destructive neural pathways with new, better, and more accurate neural pathways of confidence and calm?

Here's how I think you can do exactly that...

Now you understand why what you may have tried before hasn't worked, and why overcoming your OCD isn't a matter of "will-power"...

Everything that we've been discussing occurs on a very primitive and instinctual level and is why I believe so many treatments and therapies for OCD fail. They try to fix a problem with an emotional origin on a logical level....how could that possibly work?

Traditional talk therapy will usually try to "convince" or explain to you why you don't need to be anxious, obsessive, or giving in to your compulsions and that you should just relax. Let me ask you, are you **CHOOSING** to obsess? Haven't you **ALREADY** tried to quiet your mind? Do you think you just need another explanation about how your compulsions don't **REALLY** help you? Do you really think that what you need is a therapist to explain to you why having OCD doesn't make logical sense and you'll feel better?

I didn't think so.

Like you learned, once it's set in motion, your instinctual response of fear can be virtually out of your control and can easily convince your mind that obsessing and compulsions are needed! Will-power, positive thinking, and endless rational discussion often won't stop your anxiety any more than you can talk yourself out of a headache. **You need to learn to stop the anxiety that sets off the destructive OCD cycle that makes you so miserable BEFORE it starts.**

I developed an easy to follow, step-by-step system for overcoming your

Obsessive-Compulsive Disorder that I'm confident can finally help you get back the life you deserve...

My name is Rich Presta, and for many years I used to suffer with extreme and debilitating anxiety and fear that prevented me from living my life to the fullest. I had limitations on myself, struggled through my days, and hid my internal battle from everyone I knew because it made me feel so weak, different, and ashamed.

I eventually overcame what was holding me back, but it took way too long and by the time I did the "best years" of my life were long gone. I made it my life's mission to share all that I learned about how to overcome anxiety and fear so no one has to suffer needlessly like I did for so many years. My programs have been used successfully by individuals all around the world and have been seen in **Psychology Today** and **Natural Health** magazines, as well as on **Discovery Health** channel, **MSNBC**, **CNN**, and more.

I worked with Dr. Cheryl Lane PsyD, a **Doctor of Clinical Psychology**, to develop a step-by-step system that I believe can help you destroy the very core of the cycle that perpetuates your OCD, so it never has to hold you back from your life again. It's not about "coping" with your condition...that never made ANY sense to me. You don't want to **COPE** with your OCD, you want it **GONE**.

It's not about taking addictive or dangerous medications that only hide the symptoms of the TRUE problem. It's not about phony New Age cures, hypnosis, affirmations, or other nonsense that often does **NOTHING** to help you overcome your OCD.

Instead, I'm going to show you how I believe you can go to the source of your anxious response that has become habitual and automatic and **CHANGE IT**. In fact, I'm so confident in the incredible results you can experience with what I've developed that if you don't agree it's completely life-altering, then I don't want you to pay for it.

It's called the OCD Rescue Program, and it was developed for people just like you who are tired of struggling with their Obsessive-Compulsive Disorder and want to lead different and better lives.





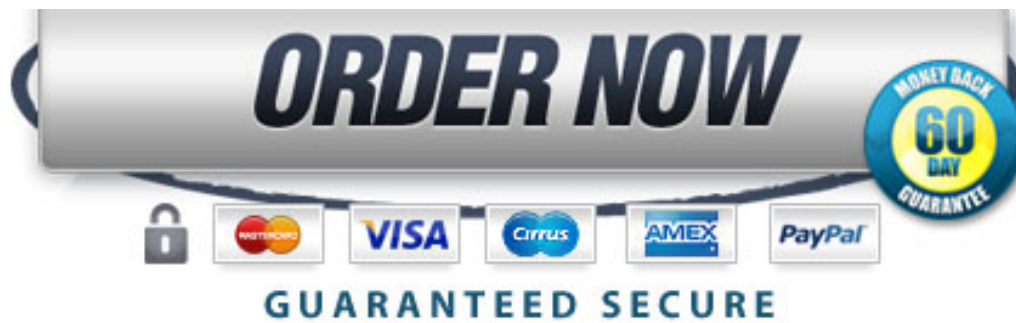
ORDER NOW



GUARANTEED SECURE



ORDER NOW



[Click Here to Order Now!](#)

Overcoming Your OCD requires specialization and dedicated focus on strategies that work to stop the CYCLE that causes the problem and not just the SYMPTOMS that result...

The techniques often advised to suppress intrusive thoughts or excessive fears frequently just won't work with Obsessive-Compulsive Disorder, or worse, some have found that they can actually make your compulsive and anxious reaction **MORE SEVERE!**

Effectively overcoming your OCD requires specialization in this unique condition and a dedicated focus on what works to break the cycle and stop the anxiety that causes obsessive thinking and compulsive behavior. You're going to learn how I believe you can train your mind to react to your thoughts in a **NEW WAY**, and sometimes, to not react **AT ALL**.

You're not going to spend months in therapy and thousands of dollars and simply cross your fingers and hope it works. You're not going to live with the negative side effects, temporary results, or possibility of addiction by taking pills to numb yourself to your fear. I'm confident that with what you're going to learn and the remarkable tools that you'll have at your disposal with the OCD Rescue Program, you can put an end to your Obsessive-Compulsive Disorder and take back control over your life and your thoughts so you can start focusing your energy on what you want out of life, and not what you want to avoid.

You won't be told to just "cope" with or "manage" your OCD...the goal of the OCD Rescue Program is to show you how you can actually prevent your obsessions and compulsions from occurring in the first place.

In the OCD Rescue Program you'll learn things like the **RIDE Technique™**, **Red Sock Relaxation™**, and more, that you won't find in ANY other program, book, or resource for OCD.

You'll listen in on my discussions with who I consider some of the most authoritative leaders in psychology today and get their advice and perspective on treating and moving past anxiety disorders like OCD. You'll even receive specially engineered audio resources designed to help you practice the skills you'll be learning, quiet your anxious mind and body, and change your life for the better.

Put simply, I'm confident you'll discover that there is no better, more **trusted, and complete program** for overcoming your Obsessive-Compulsive Disorder anywhere.





You'll hear from some **INCREDIBLE** mental health professionals as they share their priceless advice and strategies...

I made sure that you'll be getting multiple perspectives and insights on treating anxiety and fear from who I consider some of the most notable and widely recognized professionals in the country. In the Anxiety-Free Masterminds audio series, you'll hear from some incredible mental health professionals as we discuss everything from how to learn to relax yourself physically to groundbreaking research being done utilizing functional brain imaging. You'll have over two hours of audio during which we'll look into every facet of anxiety and how it can effect your life, all for less than you would pay for a single session with even **ONE** of these experts (if you could even secure an appointment)!

The OCD Rescue Program is comprehensive, and includes tools and material specifically designed to help you free yourself from your intrusive thoughts, obsessions, and compulsions.

The powerful OCD Rescue Triad System was developed exclusively for use with the OCD Rescue Program material and can be an invaluable tool to help reinforce what you'll be learning throughout the Program by giving you the opportunity to "practice without pressure" the new skills you'll be developing. You can **ONLY** get the OCD Rescue Triad System as part of the complete Program, it's not available **ANYWHERE** else at any price!

Here's just a small sample of what you'll learn in the OCD Rescue Program...

-  The **simple 4-step technique** that my own experience has shown can bring even extreme anxiety to a grinding halt. You'll learn it in about 15 minutes and can have the knowledge for a lifetime.
-  Why you can't seem to stop obsessing and worrying and how to use your personality traits that **CAUSE** the negative thought cycle to help **END** it. You'll turn the tables on your anxious and intrusive thoughts and let your body and mind relax so it can do what it's supposed to.
-  How to teach yourself that your thoughts and obsessions don't need to lead to compulsive behaviors. Once you know that you can feel better on your own, **the purpose and power of a compulsion can be shattered.**
-  What's actually happening to your body when you get anxious and why it's a good thing! When you truly understand your fear and view it from this new perspective, you won't feel the need to be fearful of those feelings anymore.

- ✓ How to stop doing the things that could be **making your OCD worse** - you're probably not even aware of what you're doing wrong!
- ✓ We're going to work together to figure out what you're **REALLY** anxious and obsessing about, and it's often not what you think it is.
- ✓ **How to kick the irrational, obsessive, anxious, and scary thoughts out of your head and quiet your mind.**
- ✓ The five patterns of faulty thinking you **HAVE TO AVOID** to overcome your OCD.
- ✓ When to **NEVER** try and face your fear.
- ✓ How to design your personalized plan for conquering your OCD.
- ✓ What to do if your friends or family aren't supportive or understanding about your condition.
- ✓ The simple and straightforward strategy that can help you teach your brain to react differently to your thoughts so you can learn to stop the anxiety that causes your destructive cycle of obsession and compulsions.
- ✓ **And a ton more!**

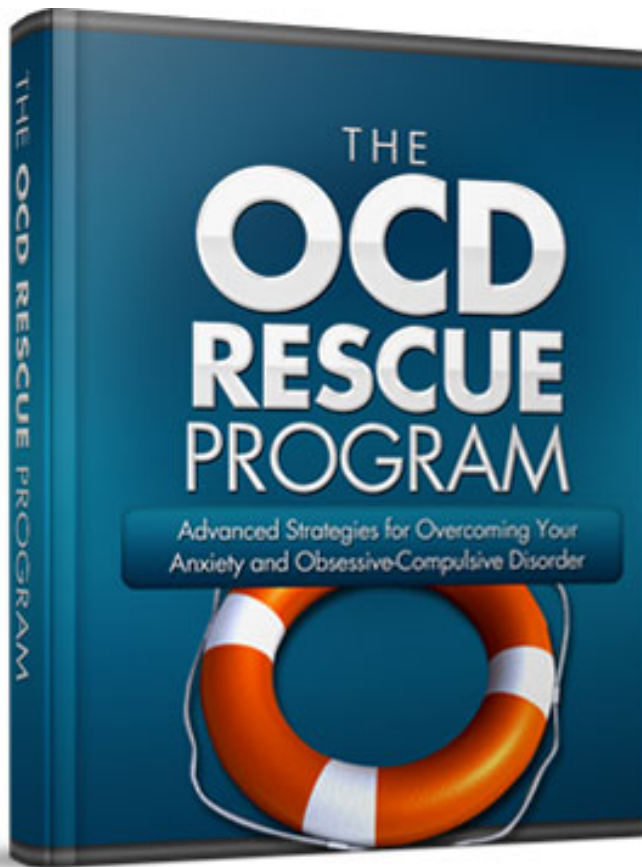
So what's included with the OCD Rescue Program exactly?

The OCD Rescue Program is a **comprehensive and affordable** set of resources with a single aim, to help you overcome your Obsessive-Compulsive Disorder and get you back to your life with confidence and comfort as quickly as possible. It includes only what I consider the best, most advanced, and effective tools for overcoming OCD available. Take a look at all that's included:

PROGRAM COMPONENTS

THE
**OCD RESCUE
PROGRAM**





The OCD Rescue Program Manual

The OCD Rescue Program manual is a complete guide to understanding and overcoming your Obsessive-Compulsive Disorder. It walks you step-by-step through exactly what I think you need to be doing in order to replace your current obsessive and intrusive thoughts that lead to compulsive behavior with thoughts of peace, security, and confidence. I'll show you how to throw a monkey wrench into the gears of your OCD cycle, and how I believe you can learn to flip the switch and shut down your fear so you can **get back to feeling yourself again.**



The OCD Rescue Program Complete Audio Supplement Series

You'll also receive the entire audio supplement series in mp3 audio format, so you can work on conquering your OCD by listening in your car, at work, on your iPod, or wherever is most convenient for you and your lifestyle.



The Anxiety-Free Masterminds Audio Series

To ensure that you have absolutely **EVERYTHING** I think you need to overcome your OCD, I tracked down who I consider the most recognized and respected experts working in the field of psychology and convinced them to do a series of interviews with me to discuss their advice for treating anxiety disorders such as Obsessive-Compulsive Disorder. In this series of interviews totaling **OVER TWO**

HOURS, you'll receive priceless advice on overcoming your anxiety quickly, how to interrupt your fear cycle and get you back to your day in peace, and what the implications are for anxiety sufferers of cutting edge research being done utilizing functional brain imaging. With contributions from **practicing psychologists, internationally recognized anxiety treatment experts, and respected authors**, I'm confident there is no better or more comprehensive education on conquering anxiety and OCD available anywhere.

These one of a kind interviews will offer you additional ideas, thoughts, and perspectives on conquering your OCD that can be absolutely invaluable to your recovery! They were conducted by ME personally for use with the OCD Rescue Program.



The OCD Triad Audio System

This exclusive three-part audio series will help you practice the skills you'll be developing throughout the OCD Rescue Program so you can more easily and quickly put them to use in their life.

In just minutes a day, you can be taught how to rapidly relax, quiet your anxious and obsessive mind, and let go of physical tension to help yourself feel better and refocus your attention

on your life, and not your OCD. **The OCD Triad Audio System** contains three specially engineered audio sessions designed to work in conjunction with the OCD Rescue Program. This breakthrough system that can help you more quickly learn and develop your new skills is **ONLY** available as part of the complete OCD Rescue Program.

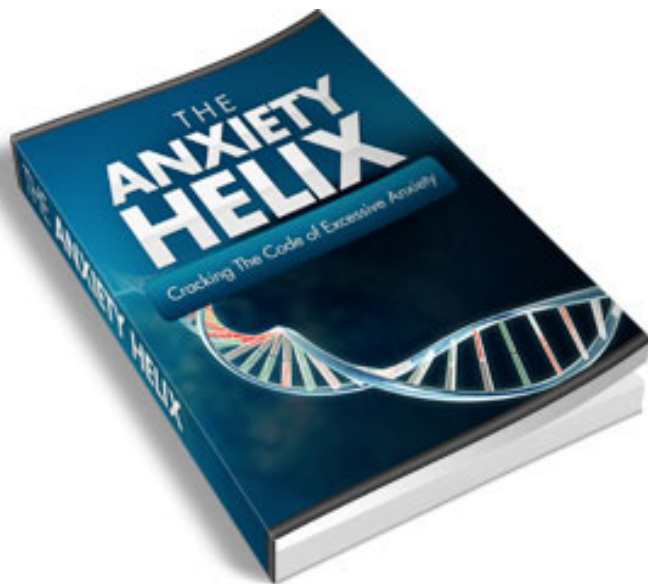
You'll also receive these fantastic free bonuses if you order now...

As an added bonus, you'll also be getting my popular resource, **The Anxiety Helix Report and Volume II of The Triad Audio Series** to accelerate your results, as well as transcripts of all the Anxiety-Free Masterminds Interviews! Purchased separately, these incredible bonuses alone would cost \$79, and be well worth every penny, but if you place your order now, you can get **ALL THREE** with the OCD Rescue Program **FREE**.



PROGRAM COMPONENTS

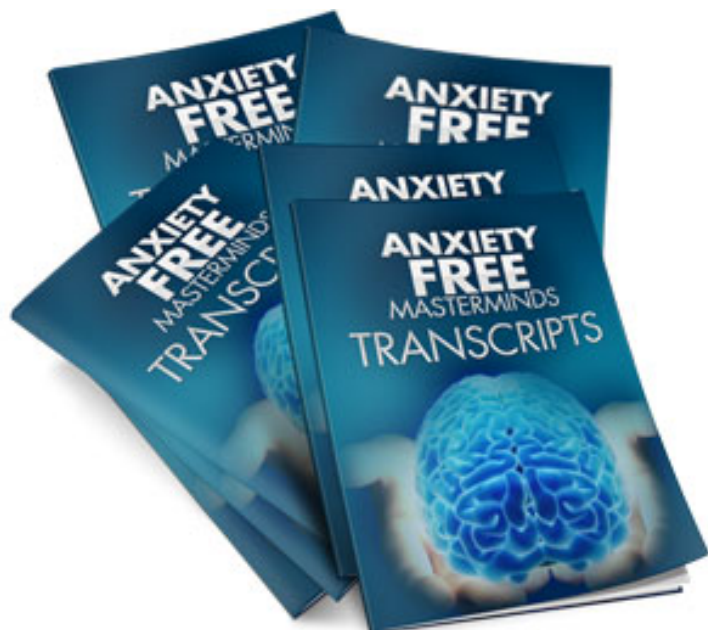
THE
**OCD RESCUE
PROGRAM**



The Anxiety Helix Report

The Anxiety Helix Report cuts through the clutter and opens your eyes to what I consider the TRUTH about anxiety and fear, so you can turn the tables on your condition and begin taking your life back. In this easy to read, simple to understand report, I'll explain to you precisely how your anxiety works, why I think you've had trouble conquering it, and what I believe you need to do to break free of it - once and for all.

The Anxiety-Free Masterminds Transcripts



For a limited time, you'll also receive complete transcripts for ALL of the Anxiety-Free Masterminds interviews to further reinforce the valuable advice provided by the expert panel!



The OCD Rescue Triad Audio System Volume II

With Volume II of the Triad Audio System you'll **DOUBLE** the amount of tools at your disposal to help you overcome your Obsessive-Compulsive Disorder!

Like the original Triad Audio System, Volume II of the system will gently guide you through practicing your new skills of inducing deep relaxation and tranquility in your body and mind that you'll be learning during your time with the OCD Rescue Program.

The OCD Rescue Program comes in a secure instantly downloadable format, so you don't need to wait even one more day to get started. As soon as you order, you'll be taken to the private download area where you can instantly download the program material to any computer you like in convenient mp3 and PDF format. You don't need to be a computer whiz because I've made it super simple and fast, it only takes a few short minutes. It will work with any computer, there's no special software you need to buy, and all you need to know how to do is click a link. If you ever need any help, don't worry, we'll be happy to assist you.

Let me answer some questions you may have...

By this point, you know how your mind got "tricked" into thinking what you experience when you get

anxious is dangerous and that your anxiety is actually **CAUSING YOUR CYCLE OF OBSESSIONS AND COMPULSIONS**. You also know that you only have to learn how to teach it a new way of interpreting and reacting to those feelings in order to put your OCD behind you.

We've talked about how leaving your OCD untreated can actually make it worse and a more deeply established part of your automatic and instinctual response, and how much better and easier your life can be when your OCD and self-imposed limitations are replaced by confidence and peace of mind. Now that we've removed so much of the "mystery" about your OCD and what causes it, you're probably feeling that conquering it is more realistic and achievable than ever, and that's fantastic, **BECAUSE I BELIEVE IT CAN BE.**

You understand that The OCD Rescue Program is completely natural, so you won't need to risk addiction or dangerous side effects by taking drugs to try and manage your thoughts and feelings. You'll be in control of yourself and your body, not numb and sedated.

You've seen that the program was developed by a trusted and established authority, was designed specifically for easy use and rapid results, and comes with absolutely everything I think you could possibly need to conquer your OCD and lead a better life...the manual, full audio supplement series, exclusive Triad Audio System, Anxiety-Free Masterminds Series, and much more. There really is nothing more I think you could ask for...

But maybe you're still a little unsure whether or not the program can work for **YOU**.

Perhaps you've already read other books about OCD or even tried therapy, and even though you know that the OCD Rescue Program is far different than anything you've ever tried, you're still just not sure.

I understand exactly how you feel, but I'm not going to let that get in the way of you overcoming your OCD and changing your life. I flat out **REFUSE** to let you struggle needlessly just because I didn't make it easy enough to get started with the program.

So I'm going to make sure there's absolutely **NO REASON** for you to suffer with your condition even one more day...

**I'm confident that The OCD Rescue Program can CHANGE YOUR LIFE.
In fact, I guarantee it will or you won't pay a PENNY...**

I know you've already tried other things to help. I understand why you may even be a little skeptical, I really do. Let me be clear, The OCD Rescue Program isn't a "magic bullet" or "miracle cure" and I think it would unethical to present it as such. It's going to take effort and dedication on your part too and because of that there's no way I can predict with absolute certainty what your individual results will be. That's why I'm going to let you study the program, take plenty of time to try it out, and make up your own mind, on your terms. If it's not everything I say it is and **MORE**, I don't deserve your money.

That's more than a guarantee - that's my **personal promise**.



THE OCD RESCUE GUARANTEE

"I'm so confident in the results you'll experience with the OCD Rescue Program that if you're not completely thrilled with how much your life changes for the better, just let me know within the first 60 days and I'll give you back every penny you paid. No questions asked, no hard feelings, no hassles. That's not just a guarantee, that's my personal promise."

Here's what you need to remember...

- ✓ I worked with Dr. Cheryl Lane, a **Doctor of Clinical Psychology**, to develop the OCD Rescue Program because I know how terrible it is to live with limitations and feel scared of your own thoughts and hopeless. I've been there. But I also know how wonderful it is to say good-bye to your fears for good. I want you to know too.
- ✓ You can use and evaluate The OCD Rescue Program for a full 60 days and **THEN** decide what you think. **If you don't LOVE IT, you won't pay for it, it's that simple.**
- ✓ Do the research yourself and see how widely recommended the program is, read what others think about it, and then decide for yourself. I'm convinced that if you do your homework, **the choice is obvious.**
- ✓ You'll learn our incredible four step technique that almost no one figures out on their own... that's incredibly simple to master and can often allow you to QUICKLY shut down your fear so your body and mind can relax and do what it's supposed to.
- ✓ There's no new age mumbo jumbo, hypnosis, or ridiculous exercises to do, just advanced and cutting edge methods that worked for me and many others, and I think you'll find can work for you too.

- ✓ The program costs less than a single session with most therapists (and good luck getting them to offer a guarantee)!
- ✓ You can access the program immediately and privately from the comfort of your home. **You can be started in the next 5 minutes.**

You can change your life for less than you probably spent on your last pair of sneakers.

It's important to me that help is within reach for everyone that needs it, so even though other programs can cost several hundred dollars for material I wouldn't consider half as complete or nearly as effective, I've decided to make the OCD Rescue Program **incredibly affordable** so not a single person needs to continue to suffer needlessly with their condition.

The entire program which includes everything we've talked about and is completely guaranteed, can be yours for **only a single payment of only \$97.**



Secure Order Form

YES! I want to order the OCD Rescue Program Now!
I'm ready to start living the life I was meant to have.

- ➕ **100% Money Back Guarantee** - I understand that my satisfaction is completely guaranteed. If I'm not completely blown away with the results of the program, I have a full 60 days to take advantage of the no questions asked, no hassles guarantee and get a complete refund of every penny I paid.
- ➕ **Receive The Complete Program** - I understand that I'll be receiving the COMPLETE program, which includes everything outlined above...the OCD Rescue Program Manual, the full Audio supplement series, the exclusive OCD Triad Audio System, the Anxiety-Free Masterminds Audio Series, and **ALL** the bonuses in easy to use PDF and mp3 format so I can download them right away and get started fast.

- + Completely Natural** - The OCD Rescue Program was designed to help you quickly change yourself for the better by changing your thought patterns and reactions, and not with pills or medications that can cause dangerous and bothersome side effects, leave you feeling numb or sedated, or merely mask your symptoms without addressing the **REAL** problem.
- + Break the OCD Cycle** - The goal of the program is **NOT** to simply help you "cope" with your OCD. Why learn to live **WITH** your OCD when you can learn to live **WITHOUT IT**? I don't think you should be satisfied until you've learned to END the destructive cycle that creates the problem!
- + The complete OCD Rescue Program is only a single easy payment of \$97!**

The image shows two identical call-to-action buttons. Each button is a rounded rectangle with a yellow-to-white gradient. The text "ORDER NOW" is written in a large, bold, black, italicized font. To the right of the text is a circular badge with a blue border and a yellow center, containing the text "MONEY BACK 60 DAY GUARANTEE". Below the button is a row of logos for various payment methods: a padlock icon, MasterCard, VISA, Cirrus, AMEX, and PayPal. Below the logos is the text "GUARANTEED SECURE" in a blue, sans-serif font.

[Click Here to Order Now!](#)

 **Order Online Any Country, Any Time**
24 Hours A Day | 7 Days A Week | 365 Days A Year

Your Order Is Secure
& Fully Guaranteed By:



NOTE: The OCD Rescue Program is an instantly downloadable program. No physical products will be shipped. After you order, you will get INSTANT ACCESS to download the program components onto your computer. The format is Adobe Acrobat PDF and mp3, which can be viewed on Mac or PC.