



Escaping Another's OCPD Tyranny! Part 2 of 2: The Crucial Fundamental OCPD Survival Practices

Mack W. Ethridge

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Escaping Another's OCPD Tyranny, a world-wide best-seller, historically available in one volume, is now available in two parts: This Second Part involves the fundamental OCPD survival PRACTICES (building upon Part 1 insights) which must be understood and implemented if the non-OCPD person is to ever find peace and freedom in the OCPD person's presence, while the First Part concerns the essential foundational KNOWLEDGE about another's OCPD mental illness to serve as a platform for present and subsequent indepth understanding. The advantage, here, is that of a deliberate separation of these two central purposes of the book to facilitate learning, and allow for greater focus relative to OCPD conceptual knowledge (which is critical, and where every seeker of deliverance from another's OCPD tyranny must begin) on the one hand, to the Non-OCPD person's practical 'escape' techniques (of even greater value) on the other hand, presented here. Don't remain oblivious to nor unskilled in these practices any longer! Clear, and easy-to-follow, life-freeing instruction – is here! CONGRATULATIONS! This new volume, Part 2, the second half of the author's groundbreaking work entitled 'Escaping Another's OCPD Tyranny! The Ultimate Survival Guide for the OCPD Besieged!', which you have discovered through your persistent (and very likely courageous) efforts to find speedy, practical, and workable deliverance techniques and strategies, now stands before you with the Certain and Demonstrable Promise of Life-Enhancing Reward! This volume, wholly unique of its kind in the world, and with no match in the field of OCPD literature, contains the varied and highly adaptable core mental and habitual relationship practices and approaches that will COUNTER and DEFLECT, and yes, even DEFUSE and PREVENT, the most entrenched OCPD person's controlling behaviors and detrimental speech patterns directed your way. This, though a bold claim, IS nonetheless, TRUE! For these practices have been, and ARE BEING, successfully utilized by an ever-increasing number of persons from all walks of life (literally hundreds to date!), as well as are being studied and taught by numerous prominent psychologists in America (including prestigious OCPD clinics in Virginia, New York, and England). A further important thing to know about 'Escaping' is that it has features and Resources that do not appear in any other research report, article, book, or audio/video presentation available today. Most importantly, it is geared to providing you with an abundance of hard-won, experimentally-gained, scientifically validated specialized knowledge, practical tools, well-thought-out strategies, and techniques proven to be effective against others' OCPD behaviors, in terms of lessening their severity and curtailing their unwanted occurrence. Some of the unique features in this document are easy-to-read, text-complementing tables, listings, and sections on undealt-with subjects highly relevant to your OCPD situation. In addition, within are Affirmations, Declarations, a goals sheet, Meditations, Reminder (Reinforcement) cards, a resource tool box, and more, all designed as a program, a course of instruction, for your deliverance. Lastly, for further information, visit the web page of Escaping Another's OCPD Tyranny! The Ultimate Survival Guide for the OCPD Besieged! – As many have found Mental composure, Inner peace, and psychological freedom awaiting them there. May God speed these life-liberating solutions – to you! (PS: Since 2014, Mack's OCPD writings are being offered by New York's award-winning Northwell (formerly, the Long Shore/North Island) Health Care System at their OCD Center as an adjunct to patients seeking education and/or treatment for OCPD.) 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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