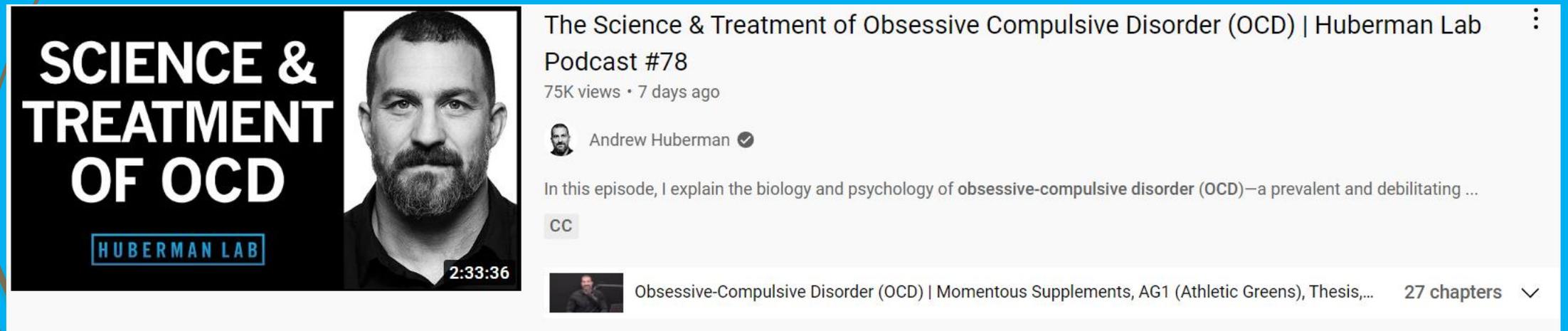


This is a superlative lecture on the science and treatment of OCD by Stanford ophthalmology and neuroscience professor Dr. Andrew Huberman. Andrew is one of my favorite lecturers as he is able to distill massive amounts of scientific literature in a package that is practical and useful.

Click the link below to listen:

[https://www.youtube.com/watch?v=OadokY8fcAA&ab\\_channel=AndrewHuberman](https://www.youtube.com/watch?v=OadokY8fcAA&ab_channel=AndrewHuberman)



The Science & Treatment of Obsessive Compulsive Disorder (OCD) | Huberman Lab Podcast #78

75K views • 7 days ago

Andrew Huberman ✓

In this episode, I explain the biology and psychology of obsessive-compulsive disorder (OCD)—a prevalent and debilitating ...

CC

Obsessive-Compulsive Disorder (OCD) | Momentous Supplements, AG1 (Athletic Greens), Thesis,... 27 chapters

2:33:36