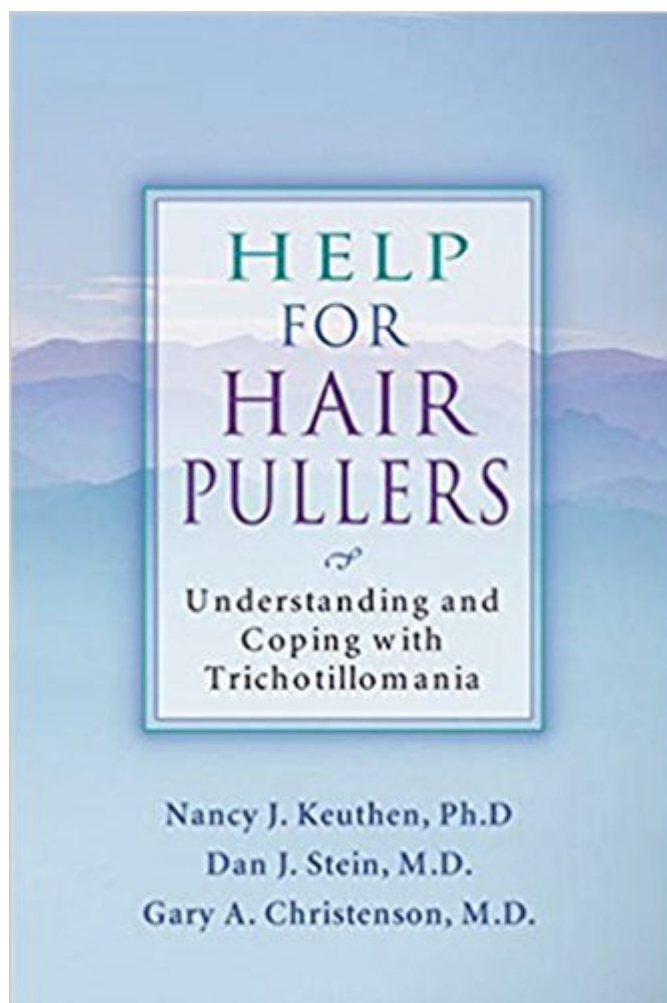


The book was found

Help For Hair Pullers: Understanding And Coping With Trichotillomania



Synopsis

If you suffer from trichotillomania, this book is written for you, your family and loved ones, and the professionals who you might seek out to help you overcome your condition. Written by one of the leading experts in the field, the book reviews the latest medications and treatment options and offers simple and effective cognitive-behavioral techniques for controlling hair-pulling. You'll learn that you are not alone in dealing with this condition. Find out about symptoms and behaviors and other problems associated with trichotillomania, and learn how you can motivate yourself to change. The book explains how families and friends can help you and what you can do to reach out to the growing support community that exists on the Web and within national and local consumer organizations. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit – an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Book Information

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Customer Reviews

Nancy J. Keuthen, PhD, is codirector of the Trichotillomania Clinic and chief psychologist of the Obsessive Compulsive Disorder Clinic at Massachusetts General Hospital. She lives in Charlestown, MA. Her Web site is www.trichhelp.com.

I found it very informative!

A great book for understanding this little known affliction. Recommend.

Book is very helpfull, while you read it it will assist you in identifying when the pulling takes place and the triggers. In the first 3 weeks I am pulling about 90% less just by being aware of it.

very informative

I have been a puller for almost 20 years, it is a confusing and debilitating disorder. I have prayed and prayed for God to deliver me from this, and just to be normal. I decided to give this book a try, and I just got through the first chapter, and am astounded at the insight to this disorder the author has, It has already given me a level of empowerment over this that I have never had before. This is definately a MUST HAVE for any and all trich sufferers!! I am looking forward to using all the tools available in the book to regain my life, hair and eyelashes!!!!

This is the BEST and most helpful book for Trichotillomania that I've seen so far. This book will help you understand your trichotillomania better than ever, which allows you to get it under control better and much faster. No matter what hair you pull, or how severe your trichotillomania is, I HIGHLY recommend this book! :)

This book was very informative for my research paper. It was also helpful in understanding what help my daughter needs with her hairpulling. I thought it covered all areas of interest.

Very specific method - not for all types of Trich.

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