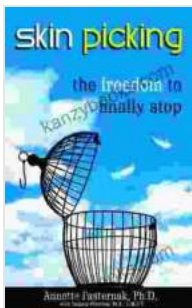


Skin Picking: The Freedom to Finally Stop - Break Free from Destructive Habits Today!

Skin picking, or excoriation disorder, is a common but debilitating condition that affects millions of people worldwide. Characterized by repetitive, compulsive picking at the skin, it can lead to physical pain, scarring, and significant emotional distress.

In this comprehensive book, Dr. Sarah Jane Fullmer, a leading expert in the field, provides a transformative guide to overcoming skin picking and reclaiming your life.



Skin Picking: The Freedom to Finally Stop

by Annette Pasternak

★★★★☆ 4.5 out of 5

Language : English
File size : 429 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 230 pages
Lending : Enabled



Understanding the Causes

Dr. Fullmer delves into the underlying causes of skin picking, exploring the role of genetics, environmental factors, and psychological triggers. She

helps readers understand why they engage in this destructive behavior, empowering them to develop effective coping mechanisms.

Evidence-Based Strategies

The book presents a range of evidence-based strategies for breaking the cycle of skin picking. These include:

- Cognitive-Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Habit Reversal Training
- Medication

Dr. Fullmer guides readers through each technique, providing clear instructions and practical exercises to help them implement them effectively.

Practical Tools and Techniques

In addition to theoretical knowledge, the book offers a wealth of practical tools and techniques to assist readers in their recovery journey:

- Self-monitoring and goal setting
- Stress management techniques
- Trigger identification and avoidance
- Alternatives to skin picking

These tools empower readers to take an active role in their healing and maintain long-term success.

Inspiring Success Stories

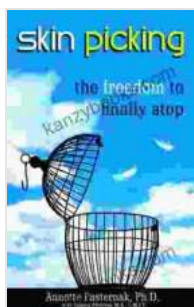
To demonstrate the transformative power of these strategies, Dr. Fullmer shares inspiring success stories from individuals who have overcome skin picking. Their experiences provide hope and encouragement to readers.

Self-Care and Support

Recognizing the importance of self-care and support, Dr. Fullmer emphasises the role of self-compassion, mindfulness, and seeking professional help when necessary. She provides a comprehensive list of resources and support groups for readers to connect with.

Skin Picking: The Freedom to Finally Stop is an essential guide for anyone struggling with this condition. Dr. Fullmer's compassionate and evidence-based approach empowers readers with the knowledge, tools, and support they need to break free from the destructive cycle of skin picking and embrace a life of freedom and well-being.

Free Download Now



Skin Picking: The Freedom to Finally Stop

by Annette Pasternak

★★★★☆ 4.5 out of 5

Language : English

File size : 429 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 230 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK





Getting High Fat Diet Easily Using Keto Fat Bomb Cookbook

Unveiling the Power of Fat Bombs The Keto Fat Bomb Cookbook empowers you with a treasure trove of knowledge and tantalizing recipes, igniting a culinary...



Are You Cryin' Brian? Find the Inspiration and Humor in Life's Everyday Moments

Life can be full of surprises. The good kind, the bad kind, and the kind that make you wonder what the heck just happened. In Are You Cryin' Brian?, Brian...