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# Skin Picking: The Freedom To Finally Stop



## **Synopsis**

Free yourself from the destructive cycle of compulsive skin pickingAnnette Pasternak, Ph.D., the Stop Skin Picking Coach, teaches you everything you need to know about why you pick your skin and how to break free of this frequently devastating behavior. Step-by-step she leads you through:Exercises to help you to break the habit of the behavior.Techiques to reduce stress and anxiety naturally, thus reducing the bodyâ™s need to pick.How to release negative thoughts and emotions holding you back.Lifestyle and diet changes to restore physiological balance, including which foods to avoid, which to eat more of, and natural supplements to help you stop.How to stay motivated, inspired and positive.This comprehensive guide is a lifesaver for those suffering from skin picking, and is also invaluable for health professionals interested in learning how to help their patients who pick.

## **Book Information**

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## **Customer Reviews**

I've been struggling with skin picking since before I can remember. I've also had acne from adolescence into adulthood which has only worsened the problem - it's as if they feed into each

other. A few years ago my anxiety peaked to a point where I was forced to seek professional help, and I was diagnosed with panic disorder. Also having struggled with chronic depression, I went on SSRIs which did help. However my acne and skin picking seemed to become worse than it's ever been. I decided to take control of my life through diet, exercise and mindfulness to control my panic attacks from the source instead of living with the side effects from the drugs. Affording therapy wasn't an option for me so I spent the next few years reading as much as I could. I'm happy to say that I now live a very healthy lifestyle and am free of panic attacks and depression completely. However my skin continued to plague me. It wasn't until I decided to do an Internet search for "skin picking disorder" did I actually realize it was an anxiety related disorder. Made sense - anxiety has always been my #1 combatant. I also stumbled upon a therapy center in Los Angeles that specializes in skin picking disorders, but again a tight budget kept me from being able to go that route. I've read several books on but they were unhelpful and vague. I don't know why it took me so long to read THIS book. The author has actually struggled with the disorder herself and has attended the therapy center in Los Angeles that I was contemplating attending. So I decided to give one last book a chance before putting myself into therapy and in glad I did. This book has the most relatable, applicable, effective information I have yet to read anywhere on the Internet or in a book.

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