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# **Skin Picking: For Beginners - How To Recover From Skin Picking Disorder - What You Need To Know About Dermatillomania Treatment And Cure (Skin Picking ... - Skin Ailments - Skin Diseases Book 1)**





## Synopsis

Stop picking your skin! If you can't, it's time to learn why you're doing it and how you can stop it. Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book will help you better understand Skin Picking disorder and see how you can deal with it. It has been written as a general overview outlining the main things you need to know about this subject. It's a short read and a great start for people who know little about the subject. Skin Picking Disorder (also known as Excoriation Disorder or SPD) is a serious and poorly understood problem. People who suffer from SPD repetitively touch, rub, scratch, pick at, or dig into their skin, often in an attempt to remove small irregularities or perceived imperfections. This behavior may result in skin discoloration or scarring. In more serious cases, severe tissue damage and visible disfigurement can result. SPD is thought of as one of many Body-Focused Repetitive Behaviors (BFRBs) in which a person can cause harm or damage to themselves or their appearance. Other BFRBs include hair pulling disorder (trichotillomania), biting the insides of the cheeks, and severe nail biting. Skin picking or other BFRBs can occur when a person experiences feelings such as anxiety, fear, excitement or boredom. Some people report that the act of repetitively picking at their skin is pleasurable. Many hours can be spent picking the skin, and this repetitive behavior can negatively impact a person's social, work, and family relationships. This book will help you understand and deal with this problem if this is happening to you or to someone you know.

Here Is A Preview Of What You'll Learn...

Chapter 1 - What is Dermatillomania?

Chapter 2 - Causes, Signs, and Symptoms

Chapter 3 - Behavioral Treatments for Dermatillomania

Chapter 4 - Pharmacological Treatments

Chapter 5 - Supplements to Treatment

Chapter 6 - Practical Tips and Quick Fixes

Much, much more! Read what other people have to say "Good general information. Easy way to understand about Skin Picking Disorder. This book is by far the most comprehensive, supportive and positive guide out there right now for skin picking. I can't say enough good things about this book! This is a condition that I have personally struggled with deeply." - Irene Flannery

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Take action today and download this book for a limited time discount of only \$2.99! Start learning about Skin Picking and how to overcome it today!

Tags: skin picking; picking skin; picking at skin; skin picking addiction; picking at my skin; picking at your skin; stop skin picking; pathological skin picking; excoriation disorder; acne; acne scars; pick at skin; skin pick; dermatillomania; compulsive skin picking; csp; ocd; obsessive compulsive skin picking; excoriation disorder; skin picking disorder; obsessive compulsive disorder; neurotic excoriation; excoriation; skin picking tips; skin picking advice; skin picking medical, skin picking 101; skin picking

for beginners; skin picking for dummies; skin picking remedies; skin picking natural; skin picking cure; skin picking treatment; skin picking therapy; skin picking cures; skin picking treatment; skin picking adults; skin picking children; skin picking teenagers; how to deal with skin picking; how to overcome skin picking; how to quit picking skin

## **Book Information**

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## **Customer Reviews**

My sister has always had bad skin, as have I to some extent. I will break out every now and then, especially when I'm stressed or run-down, but my sister seems to be constantly plagued with bad skin. I've always told her it's mainly due to her itching and skin picking, but she's previously been unable to stop because she insists it's such an unconscious behaviour. I looked into researching some advice which could help her stop this habit, and stumbled upon this book. It is the single best resource I've found which outlines behavioural treatments for this problem. It also gives some great advice for pharmacological treatments as well, although my sister tries to avoid this as much as possible.

I never realized this was a disorder until I saw and read this book. I had a friend who seems to suffer from this disorder and I remember blaming instead of helping like I should have. This book explains

how Skin picking disorder is real, how to recognize it and what to do about it. It's a great resource for anybody struggling with this condition.

I was so surprised to find a disorder such as this one. My dad always pokes at his face and always during moments of deep thought. I assumed that it was just a normal habit sometimes with blemishes or itching maybe. This book help me understand what a serious condition this is and how it can be controlled. I strongly recommend this to those needing a guide to help beat this condition.

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