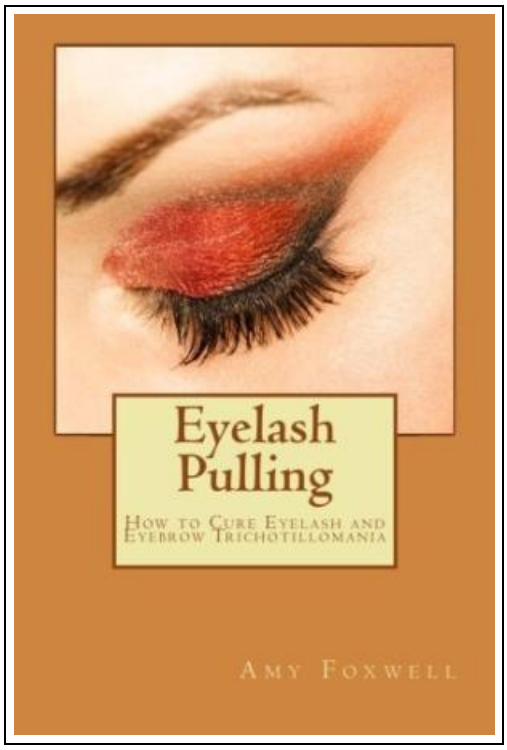
Eyelash Pulling: How to Cure Eyelash and Eyebrow Trichotillomania



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Reviews

An exceptional pdf and the typeface employed was fascinating to see. Better then never, though i am quite late in start reading this one. Your daily life span will be transform as soon as you total looking at this publication.
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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.REVISED IN APRIL 2014 with over 100 additional pages. Written by Amy Foxwell, an ex eyelash puller , and after many years of research into why people pull out their eyelashes and eyebrows, and how Trichotillomania can be treated, this is a collection of proven and powerful help based on real success stories in curing eyelash and eyebrow Trichotillomania. These tools are immediately useable, and effective, and can be put to work instantly to help suffers stop pulling their eyelashes and eyebrows out, including: - Simple ways to identify when and why you pull your eyelashes and eyebrows - How to use a form of visualisation to stop pulling - How to use autohypnosis to alter your actions - Using a journal to relieve stress - Using secret weapons against your eyelash pulling condition - Diet and natural remedies to relieve irritation and encourage eyelash growth - Important facts about eyelash and eyebrow Trichotillomania and hair growth - And much, much more. Also includes the Trich Stop Workbook which gives eyelash pullers actual worksheets to help them work through their hair pulling condition. Reader reviews: I ve FINALLY stopped pulling and my eyelashes have started to grow back in! Thank you!!! You are making some great waves. I love that you ve developed this as an ex-trichster. not just a counselor/scientist/person who has no idea about what the disorder is like. Thank you for bringing positive light to it! Annelise I m almost 13 and I got your book last year. I think the journal has really helped. I also have your oil. I love it so much. I use it all the time. I m doing really...

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