



The Hair Pulling "Habit" and You: How to Solve the Trichotillomania Puzzle, Revised Edition

Ruth Goldfinger Golomb, Sherrie Mansfield Vavrichek

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Shows young people how to break their hair pulling habit by identifying trigger situations, developing resistance strategies, charting progress, modifying environments, motivating themselves, and staying with the program. Advice for therapists and parents, too.



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