



# How to Stop Pulling Out Your Hair!: Your Guide to Curing Trichotillomania (Volume 1)

*Ms Amy Foxwell*

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## **How to Stop Pulling Out Your Hair!: Your Guide to Curing Trichotillomania (Volume 1) Ms Amy Foxwell**

REVISED IN APRIL 2014. Written by an 'ex' hair puller, the Second Edition of this well respected guide has over 150 additional pages. Written after much research into why people pull their hair out and how Trichotillomania can be cured, this is a collection of powerful help based on real success stories in curing Trichotillomania. These tools are immediately useable, and effective, and can be put to work immediately to help sufferers stop pulling their hair and eyelashes out, including: - Simple ways to identify when and why you pull - A collection of proven methods and step by step instructions on how to do them - How to use a form of 'auto-brainwashing' to stop pulling your hair - How to use autohypnosis to alter your actions - Using a journal to relieve stress and frustration - A Parent's Guide - Diet and natural remedies to relieve irritation and encourage hair growth - Important facts about Trichotillomania and hair growth - And much, much more... Also includes the Trich Stop Workbook which gives hair pulling sufferers actual worksheets to help them work through this hair pulling condition. NOTE: For a complete system, see also 'How to Stop Pulling Out Your Hair and accompanying Trich Stop Hair Regrowth Oil. What some of our readers have to say: "Thank you so much! This is such a beautiful thing you're doing, and it truly helps me:)" Alex "It's helping!" Stephen "I have been enjoying the manual. I'm down to like 3 hairs a day at most. I'm used to a whole pile of hair" Anna "Thanks Amy. I appreciate your assistance, your support, and the fact that you follow up with your customers. You're doing a great thing. :-)" Carly "Thank you so much for sharing your experiences!" May "Thank you so much, you're support means a lot" Lesa

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