



## Stop Picking on Me: Make Peace with Yourself and Heal Nervous Habitual Obsessive Compulsive Skin Picking (Paperback)

By Mary-Margaret (Anand Sahaja) Stratton

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Most important book of my life. anonymous Stop Picking on Me is the definitive guide on Excoriation (Skin Picking) Disorder (SPD) How to Make Peace with Your Critical Self How to Change your Lifestyle To Finally Heal the Phenomenon of Nervous, Obsessive, Compulsive and Habitual Skin Picking. This is the most comprehensive life-saving book ever written on the topic. You will gain overwhelming Understanding, Answers, Courage, and Hope. Learn about what you do and why you do it. Then learn how to eradicate breakouts, and stop your compulsion to pick. Mary-Margaret anand sahaja Stratton, is the Founding Mother Healer of Excoriation Disorder. She is an Essene Minister, Certified Raw Food Nutritionist, Instructional Designer, and veteran of Twelve Step philosophy. Long before the DSM identified the condition, anand wrote a ground-breaking book and shared it for free online, along with creating the forum, StopPickingOnYou. Now years later, she shares her approach to find radical recovery which has kept her one hundred percent pick-free through holistic means: mindful techniques, behavior modification and especially natural nutrition - a whole foods diet. She is living...



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