

THE HAIR PULLING "HABIT" AND YOU

How to Solve the Trichotillomania Puzzle

Revised Edition

A guide for...

- ✓ kids & teens
- ✓ parents
- ✓ therapists



Ruth Goldfinger Gekowt /
Sherrin Mansfield Verrickel

Illustrations by
Terri Ford and Emily Condon-Boyd

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