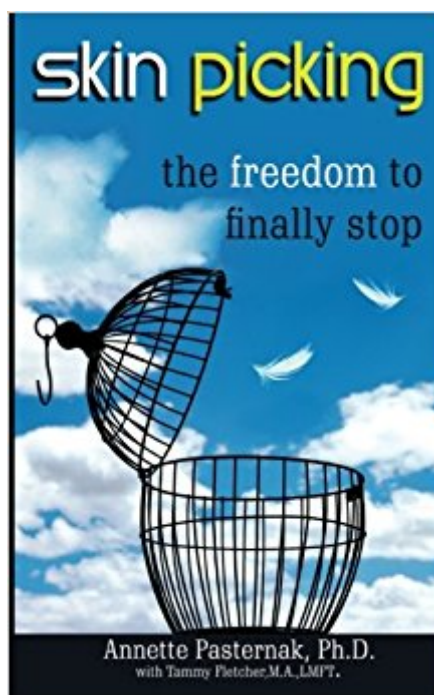


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# Skin Picking: The Freedom To Finally Stop



## Synopsis

Free yourself from the destructive cycle of compulsive skin picking Annette Pasternak, Ph.D., the Stop Skin Picking Coach, teaches you everything you need to know about why you pick your skin and how to break free of this frequently devastating behavior. Step-by-step she leads you through: Exercises to help you to break the habit of the behavior. Techniques to reduce stress and anxiety naturally, thus reducing the body's need to pick. How to release negative thoughts and emotions holding you back. Lifestyle and diet changes to restore physiological balance, including which foods to avoid, which to eat more of, and natural supplements to help you stop. How to stay motivated, inspired and positive. This comprehensive guide is a lifesaver for those suffering from skin picking, and is also invaluable for health professionals interested in learning how to help their patients who pick.

## Book Information

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## Customer Reviews

"There are tragically few books for skin pickers. I celebrate the appearance of this honest and clear account of the approaches that have helped Annette recover from skin picking, and which she now uses in her own work with coaching clients." - Jennifer Raikes, Executive Director, Trichotillomania Learning Center, Inc. "When I read this book, my very first thought was 'Finally! Thank God Annette wrote this, so I don't have to!' If you pick at your skin and it causes you distress, I highly recommend that you read this personable - and highly practical - book about living with, and healing from Skin Picking Disorder." - Christina

Pearson, Æ Æ President, Æ Æ Heart and Soul Academy, Inc. (current), Æ Æ Founder of the Trichotillomania Learning Center Æ Æ (1990 - 2013)"Annette Pasternak&apos;s book &apos;Skin Picking, the Freedom to Finally Stop&apos; is a comprehensive, holistic guide for changing pathological skin picking behavior. I will enthusiastically recommend this book to my clients who suffer with both skin picking and other body-focused repetitive Æ Æ behaviors." Æ Æ - Æ Æ Suzanne Mouton-Odum, Ph.D., developer of Stoppicking.com and Stoppulling.com, co-author of "A Parent Guide to Hair Pulling Disorder""Annette Pasternak offers a quality self-help approach for those suffering from Excoriation (Skin Picking Disorder). Æ Æ - Æ Æ Elizabeth Kassel, MSW, Staff Therapist at the OCD Center of Los Angeles

Annette Pasternak, Ph.D. is a certified Holistic Health Coach and certified practitioner of Functional Diagnostic Nutrition living in Los Angeles. Formerly a research scientist, college professor and high school chemistry teacher who struggled for more than two decades with chronic skin picking, Annette is now dedicated to helping others, worldwide, break free from its tenacious grip. Find more about Annette and her coaching services at [stopskinpickingcoach.com](http://stopskinpickingcoach.com).

I've struggled with picking for more than 30 years now--worried about it, been ashamed of it, tried to stop it. It was very refreshing to find a book that inspired me to think about it differently, and had plenty of suggestions I'd never tried. The book strikes a great balance between the acknowledgement that this habit will be really difficult to break, and the hopefulness and encouragement that it can actually be done. The book also attacks the problem from many different angles, which is helpful too. In 30 years I have never made the progress I made after reading Skin Picking. I'm still far from being out of the woods, but I've been able to go 3-5 days here and there, picking-free. That alone is already a victory for someone who had to fight to keep my hands off of myself almost constantly. Thanks Dr. Pasternak!

I've had an issue with picking for years. And though compulsive it is mostly rooted in poor anxiety management than anything. So in times when my anxiety is low I rarely pick if at all. Not that I was looking for an antianxiety book, I was more looking for ways of dealing with picking or maybe even advice on what to do after picking to save what's left of my skin. Not that this book isn't helpful. It is. It's geared more towards people who are looking for life style change. I'm not looking to change my life. I want to make the life I have better.

Skin Picking: The Freedom to Finally Stop by Annette Pasternak, PhD is a unique, holistic self-help book primarily written for those who compulsively pick their skin, but also helpful for those who pull their hair or experience other Body Focused Repetitive Behaviors (BFRBs). It is a huge addition to the literature, small as that literature may be. While Dr. Pasternak is not a trained mental health professional, with her degree in chemistry, she is trained as a health coach. Probably her most important qualification is that of a recovered picker. She has lived the pain, shame, trying a number of different things before finding a recovery plan that worked for her. She is very open about her own story, which most will appreciate. There are many helpful suggestions. While some can be found elsewhere, she focuses a good deal on diet (especially sugar), mindfulness, and meditation. She also encourages the use of Emotional Freedom Technique (EFT) which is tapping at meridian points. There is a link to a very well done Youtube video by Tammy Fletcher, MA, LMFT on how to do the EFT and apply it for skin pickers. While EFT lacks significant research support, I'd encourage folks to try it. It may be very helpful, with no significant risk if it doesn't work for you. Some of information presented was new to me, ex. that dairy can make acne worse. I still don't have a good understanding of Ayurveda, an Indian conceptualization of balancing of energies, but I'll put that on myself, not Dr. Pasternak. Overall, this is a very well written, compassionate guide for a variety of strategies that can be part of one's recovery plan. I will encourage my clients and others to read this excellent book.

I cannot thank Annette Pasternak enough for this amazing book. It has helped me so much as the mother of a gifted 10 year old with severe dermatillomania. In fact, this book has helped us more than thousands of dollars of therapy. My daughter is now reading it and she is so happy, she says finally someone understands. It is holistic in its approach and covers every area you can think of. The information is all supported by references to clinical studies and research and solidly grounded and presented by an engaging author with a true understanding of this condition. Our child psychologist was very impressed with this resource. I highly recommend it. I am very very grateful for it. We also have the Freedom Companion, which is excellent also and pairs beautifully with the book.

Dr. Annette Pasternak's book, "Skin Picking: The Freedom to Finally Stop", is wonderfully helpful. I'm finding this title a genuine pleasure to read and learn from. So caring and knowledgeable is Dr Pasternak in the guidance she offers. This book presents the author's compassionate insight into the painfully persistent behavior of chronic skin picking. She clearly guides the reader through the

expertly designed steps to finally understand and forever change their destructive, skin picking behavior. Because of the information presented in this book, I'm finally gaining real hope and confidence after years of self-inflicted misery. Dr Pasternak's book skillfully relates her masterful comprehension of this this distressing and humiliating condition...and teaches how to solve it! I've also found this author to be very accessible, offering private coaching to help work through her remarkable program. Many thanks and kudos to Dr Annette Pasternak for producing this important and much needed program and book that are both so well done.

Good book on a subject that I knew very little about. Dr. Pasternak does a great job of adding her life experiences into this book ensure a pragmatic approach to this medical/psychological condition.

Annette Pasternak, PhD has written my go-to book when it comes to my not skin picking. There are a lot of books out there, but none of them are quite like this one. This book is chocked full of wonderful, helpful, and tried techniques. Annette's own experiences with skin picking and the book's very readable style and format make for good referencing at any point in the book. Her warmth and caring for the reader shine through. I recommend this as a starting point for any skin picker; it just may be your end to skin picking! J.D. MEd Maine

I keep this book in my bathroom for rough days. When I do the work in the book I enjoy pick-free days.

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