



30-Day Rehab Challenge for Trichotillomania: Overcome Trichotillomania - How to Stop Hair- Pulling Disorder

Sabrina Kendall

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Individuals who pull their hair out of the scalp have trichotillomania, which is an obsessive compulsive disorder (OCD). The people who have this disorder may think they are the only one, but there are thousands of people who have trichotillomania and hide it.

There's a quiz inside to help you with the conscious thoughts of dealing with trichotillomania. If you have been pulling your hair out and you've tried to stop, listen to this audiobook and do a 30-day challenge to get on the road to your recovery.

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