



## The Hair-Pulling Problem: A Complete Guide to Trichotillomania

By Fred Penzel

Oxford University Press. Hardcover. Condition: New. 384 pages. Dimensions: 9.3in. x 6.4in. x 1.2in. Trichotillomania, one of the family of obsessive-compulsive disorders, may afflict as many as 6 to 8 million people in the United States. Now, a leading authority on obsessive-compulsive disorders, Dr. Fred Penzel, has written the most up-to-date, comprehensive, and authoritative guide to this syndrome available, filled with reassuring advice for patients and their families. Endorsed by the Trichotillomania Learning Center, the leading advocate group for this disorder, this superb handbook includes all the information a patient or relative would need to understand this illness and to cope with it. Penzel provides a detailed discussion of causes and he reviews all the treatment options, describing the most effective medications and their side effects as well as the recommended cognitive and behavioral treatments. He shows patients how to design a self-help program and gain control of their compulsive behavior, how to prevent relapse, describes trichotillomania and its treatment in children, and suggests coping strategies for families at home and in public situations. He also provides a guide to all the resources available, including internet sites, recommended books, and videos, and outlines ways to start a support group. The appendix...



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