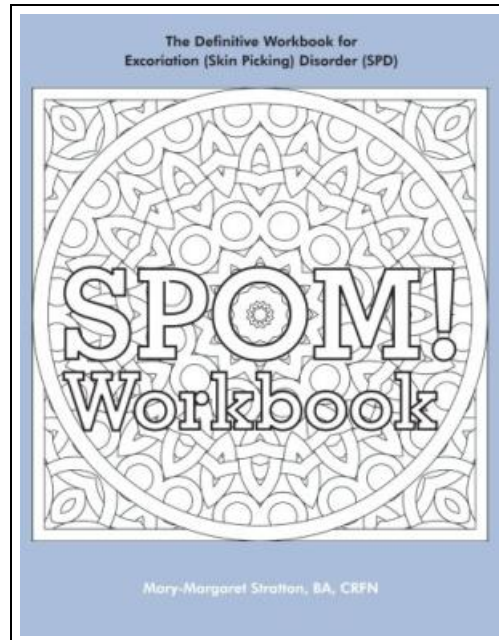


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Reviews

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(Liliana Kilback)

SPOM WORKBOOK: STEP-BY-STEP ACTION PLANS BASED ON THE REVOLUTIONARY STOP PICKING ON ME RECOVERY SYSTEM FOR EXCORIATION (SKIN PICKING) DISORDER (SPD) (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is THE book that has been incredibly helpful in getting me to stop picking my face. The SPOM Workbook provides step-by-step action plans and exercises based on the revolutionary SPOM! recovery system for Excoriation (Skin Picking) Disorder (SPD). This highly interactive Accelerated Learning workbook takes the guesswork out of trying to figure what your triggers are and encourages you to be proactive in making huge strides in your personal recovery. This is the OFFICIAL companion guide to the revolutionary self-help main text book, Stop Picking On Me - ALSO AVAILABLE ON AMAZON It includes: Essay Assignments, Nutrition Diary, Stress Assessments, Feeling Faces, Personality Profiles, Habit Charts, Consequence Recording, Coloring Book Assignments, Reward and Lifestyle Worksheets, Competing Habit Therapy, Problem Solving and Puzzles, Guided Meditations, Self-Talk outlines, Planning and Goals, Plus Support Team Agreements, frame-worthy Affirmation Printouts and Recovery Completion Certificates! The SPOM! Workbook is fun, challenging and it will help you stay motivated, positive and totally inspired to stay pick-free! Keywords: picking skin, picking at skin, skin picking addiction, picking at my skin, picking at your skin, stop skin picking, pathological skin picking, acne scars, pick at skin, skin pick, dermatillomania, compulsive skin picking, csp, ocd, skin picking, skin picking disorder, neurotic excoriation, Skin Ailments, Skin Diseases, treatment alternatives for skin picking, excoriation; skin picking tips; skin picking advice; skin picking medical, skin picking 101; skin picking for beginners; skin picking for dummies; skin picking remedies; skin picking natural; skin picking cure; skin picking therapy; skin picking cures; skin picking treatment; skin picking adults; how to deal with skin picking; how to overcome skin picking; how to quit picking skin, Angela Hartlin, forever marked, dermatillomania diary, 25 Proven Tips, Definition,...

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