



Treating Trichotillomania: Cognitive-Behavioral Therapy for Hairpulling and Related Problems (Series in Anxiety and Related Disorders)

Martin E. Franklin, David F. Tolin

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There is still scant clinical information on trichotillomania. This book fills the need for a full-length cognitive-behavioral treatment manual. The authors share their considerable expertise in treating body-focused repetitive behavior disorders (not only hair-pulling but skin-picking and nail-biting as well) in an accessible, clinically valid reference. This is the first comprehensive, clinical, and empirically-based volume to address these disorders.

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