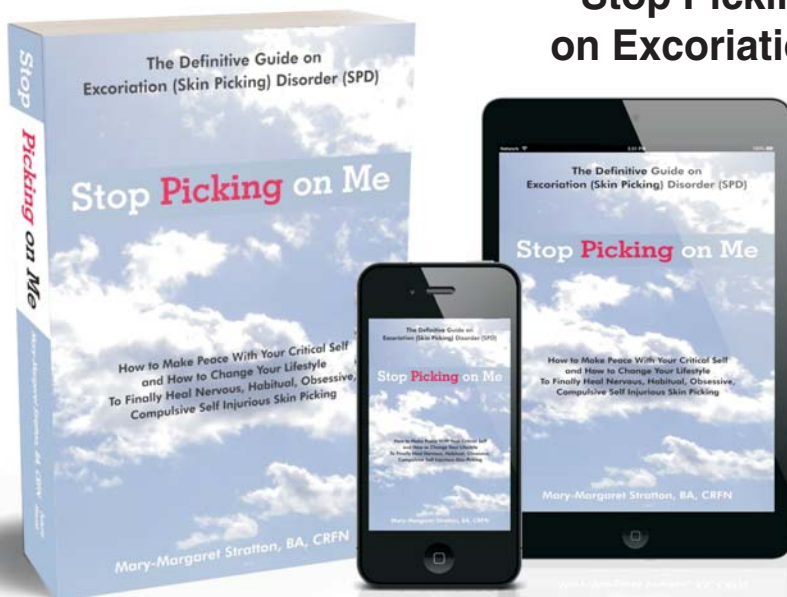




# Complexion a mess? This book might help.

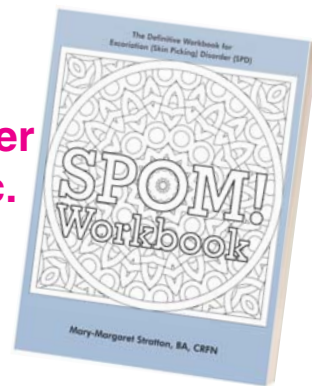
What happens when you are your own worst enemy?

## Stop Picking on Me is the definitive guide on Excoriation (Skin Picking) Disorder (SPD)



Learn How to Make Peace with Your Critical Self.  
Change your Lifestyle To Finally Heal the Phenomenon of Obsessive, Compulsive, Habitual Skin Picking.

**This is the most comprehensive life-saving book ever written on the topic.**



Plus, the accompanying SPOM! Workbook provides highly interactive exercises based on the revolutionary SPOM! recovery system. Take the guesswork out of personal recovery.

[StopPickingOnMe.com](http://StopPickingOnMe.com)



### Stop Picking On Me

- Paperback: 416 pages
- Formats: Paperback Kindle Audiobook
- ISBN-13: 978-1977610966
- Dimensions: 6 x 0.9 x 9 inches



### SPOM! Workbook

- Paperback: 136 pages
- Formats: Paperback Kindle Audiobook
- ISBN-13: 978-1979643283
- Dimensions: 8.5 x 0.3 x 11 inches

### About the Author

UCLA grad, Mary-Margaret Stratton, aka anand sahaja, is a producer, UX architect and award-winning Creative Director. In 2011, she was ordained as an Essene Minister. Essenes are noted for commitment to peace and a live food diet.



**FUTURAHOUSE**

Publishers of Arts, Advice & Esoterica

2620 South Maryland Parkway #345 Las Vegas, NV 89109 724-243-2554  
[futurahouse.com](http://futurahouse.com)