



Life Is Trichy: Memoir of a Mental Health Therapist with a Mental Health Disorder (Paperback)

By Lindsey M Muller

Mindful Publishing Co., United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.LIFE IS TRICHY is the true story, a psychology memoir, of a twenty-nine-year-old lifelong perfectionist, who struggled with the mental health disorders of skin picking, nail biting, and hair pulling. Starting from a young age, this resulted in years spent hiding her body focused repetitive behaviors from everyone she knew, while simultaneously pursuing a professional career in psychology to treat others with the same exact challenges. She tactfully weaves the actions, feelings, and thoughts from years of sitting in the patient's seat, with her professional, psychological knowledge in the clinician's seat. Lindsey's personal struggle mixes with factual information to elucidate the tricky and unspoken truth about a classification of disorders affecting approximately five percent of the population. Life is Trichy is appropriate for clinicians, patients, family and friends of hair pullers, and curious minds.



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