



How To Stop Cutting, A Guide

Lisa Verde

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If you or someone you love is a "cutter," this ebook can help you free yourself of the desperate need to injure yourself. The long-anticipated followup to "Confessions of a Cutter," this book details the techniques and strategies that Lisa Verde used to beat crippling depression, anxiety, and PTSD that led to hundreds of scars that she carries to this day.

Primarily a message of hope and mindful discipline, Verde shares her secret doubts and fears, as well as the methods she used to challenge them - largely without the benefit of traditional therapy.

This book is a must-have for anyone struggling with this, or struggling to understand their loved one. Includes a list of references for additional help.

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