



# Urges

Hope and inspiration for people  
with trichotillomania and other  
mysterious compulsive disorders

[gary@hennerberg.com](mailto:gary@hennerberg.com)

817-318-8100

[Manage-Trich-Urges.com](http://Manage-Trich-Urges.com)

## Biography of the Author

Gary Hennerberg is the author of *Urges* (ISBN: 1448690838), a book of hope and inspiration for people with trichotillomania and other mysterious compulsive disorders. Hennerberg is also the author and voice of “Doses of Comfort for Hair Pullers,” a CD of recorded audio messages.

In his book, Gary Hennerberg takes you deeply inside his mind as he shares his most intimate and private thoughts about living with the compulsive urge to pull his hair. This story reveals three approaches he has used to coexist with trichotillomania: his faith in God, self-acceptance, and the discovery and use of his gifts and talents.

As a child, Gary thought he was the only person in the world who pulled his hair. Today we know there may be 10 million or more people in the U.S. who skillfully conceal hair pulling urges and shamefully suffer in silence. This is a book of hope and inspiration for people with trichotillomania and other mysterious compulsive disorders.

He is an accomplished writer with his advertising and marketing copy reaching millions of households worldwide each year. His personal writing, in addition to authoring *Urges*, has included a message published internationally by advice columnist Dear Abby on Father’s Day 2004. The message, “What I Learned From You,” was written in honor of Hennerberg’s father. In 2005, Target Marketing Publishing released his book, *Direct Marketing Quantified: The Knowledge is in the Numbers* (ISBN: 1-931068-22-4).

Hennerberg is married and the father of two daughters. He has received numerous business awards, authored several articles and has spoken at conferences across the United States and Canada.

For enjoyment, he is a performer with The Vocal Majority Chorus, an all-male cappella choral group that is part of the Barbershop Harmony Society. Hennerberg has performed before thousands of people across the U.S., Canada, England, and Scotland, and has had the privilege of performing in some of the most respected concert halls in the world.

### Contact Information:

Gary Hennerberg  
[gary@hennerberg.com](mailto:gary@hennerberg.com)  
817-318-8100