



# Urges

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

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## Interview Guide

1. What is trichotillomania (trick – o – till – o – mania) and why is it a problem?
2. Is there a cure? Treatments?
3. When did you start pulling your hair?
4. Why did you write *Urges*?
5. Was there a break-through moment for you?
6. How does *Urges* help those with trichotillomania?
7. Tell us about your CD recording named “Doses of Comfort.”

### Contact Information:

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[www.HairPullingBook.com](http://www.HairPullingBook.com)

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