

Stop Nail Biting!

Permanently

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Gilbreth Brown

Stop Nail Biting!

Reader's Rave:

“This is confirmation that I have received the package. I have spent the weekend reading the material, and I can say that when I finished reading the solution chapter I was actually laughing... Laughing because for 25 years I have felt powerless to stop this habit - and yet in one page you describe a technique that I know will work. I just had to laugh! So now, after three days I have still only applied the method a few times - the strength seems to come from *knowing* a way out!”

“We received your book this past week and I started the technique right away. I'm on day six of no nail biting and it's been so much easier than I ever would have thought. Truly can't believe it's been six days already! I can't wait to show the family at Christmas that after probably close to 30 years of nail biting, I have finally kicked the habit!”

“Hi Gil thanks very much for enquiring. I have read the book and not bitten my nails since. I am scared I will go back to the habit as I have been doing it for so long. It has been about five weeks since I started and my nails are not fully grown yet but they are a vast improvement. I hear they take about 6 months to look good after biting them for so long. My husband is amazed, I have been trying to stop for years (I am 31 and a mother to 6 great kids) and each time he has encouraged me and tried to help me. Each time I have gone back to the habit about four to six weeks later and I felt I had not only let myself down but let him down too. The only time I haven't bitten my nails for a long time is when I have just had a baby (maybe there is something behind that!).

When I see people in shops and bars and restaurants who bite their nails and are complete strangers (none of my friends have this terrible habit) I feel like giving them your website to help them. But I think it might be a bit rude! As you say in your book it is a real burden and one feels quite embarrassed about doing such a childish thing when one is a grown up.

Thank you so, so much for sharing your technique and I will promote your website when I can.”

Inside Title & Author Page

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Trafford Publishing

2004

Publishing and Copyright Page

Stop Nail Biting

1st Edition, 2003

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A special thank you goes to Barbara Ardinger, whose no nonsense editing was welcomed and sorely needed.

Cover design by Roy Diment.

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Author's Information Page

Gilbreth Brown has been living in Asia for approximately the last ten years. He is originally from Providence, Rhode Island. Born on February 8, 1966 he grew up in Providence before relocating with his family to western RI. Currently, he is residing in Bangkok Thailand. Although he is a frequent guest speaker and contributor to leading business publications, this is his first book.

Gil is an avid reader, and most often you will find him browsing the self-help section of the neighbourhood bookstore. His personal quest to better himself resulted in a long search for the cure to his nail biting problem. The results of that search are contained here.

He holds a Bachelors of Science from Boston University, a Masters in Japanese Business Studies from Chaminade University of Honolulu, and an MBA from Columbia Business School. As a result of a long stay in Asia, he is highly proficient in Japanese and Thai language.

He welcomes comments at any time at

<http://www.stopyournailbiting.com>

or

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Dedication Page

For Gator and Q, two stray dogs that have recently come into and brightened my life in so many ways. I could only wish to have a portion of their courage and beauty.

Now if they would only leave the kitchen cabinets alone...

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1 Foreword

As a habitual, but now cured, nail biter for many years of my life, I understand this problem. I feel great compassion for other sufferers. If you are currently a nail biter, I share your frustration and grief. I am here to work with you to truly and permanently rid yourself of this frustrating habit.

Having bitten and chewed my fingers from roughly six years of age until my early thirties, I never thought that I would be sitting down to write a book about how to permanently cure this strange habit. I am thirty-seven now, and I have not bitten my nails since I found and refined the cure for this bad habit many years ago. The secret is given in this book. After you have completed the reading, I am highly confident that you, too, will succeed in never biting your nails again.

I have worked with countless people helping them to overcome this bad habit and find freedom from their despair. Contained in these pages is a technique that some of the people I have helped call *nothing short of a miracle*. I am pleased to receive letters, e-mails, and phone calls from people who continue to thank me years after they successfully used the technique contained in these pages.

I have many reasons for writing this book. First, I want to empower the world's habitual nail biters by providing them with knowledge of their habit. Knowledge is power. It will provide the foundation to our ultimate success at overcoming the habit.

Second, there is little contemporary data available related to adult nail biting. The data that I have found is dated, and often buried in obscure medical and psychiatric journals. I want to brush off the dust and bring this habit into the open so that habitual nail biters can receive the help that they deserve.

Third, I also want to bring into the mainstream a documented but little known cure to this habit. My aim is to spread the word that problem nail biting can be solved. If you are a habitual nail biter and you are suffering in silence, my goal is to help you with a cure that I believe is close to perfect. After you have finished reading this book, you will see that you can finally and permanently rid yourself of this unsightly habit.

I believe that there are two reasons that reformed nail-biters are so elated once they have successfully quit the habit. The first reason is obvious—their fingertips are attractive! They enjoy eating in public more, shaking hands more often, and exchanging business cards openly. Reformed nail-biters enjoy going to the manicurist. They are unafraid of showing their hands in public. For non-biters, the significance of this statement is difficult to comprehend. I tell my own story a little later on. You will understand how I came to dread exchanging business cards because people would look at my hands with pity or disgust.

Secondly, and perhaps more importantly, ridding oneself of this awful habit has an immediate and significant positive impact on a person's sense of self-worth. This burst of positive energy releases the habitual biter from a variety of accompanying other insecurities or related baggage. It is as if someone has pushed away a thin veil that hovers over or around a nail biter's psyche or mental state. Once the veil is gone, confidence and emotional well being improve significantly. For me, my happiness at being cured spilled over into other areas of my life. I gained higher self confidence and a feeling that I could now surmount any of life's hurdles. In essence, I was no longer a prisoner of the habit. I gained an incredible feeling of freedom.

I will go into more detail in the following pages, but for the moment, please know that I frequently receive calls and mail from many people who say that I have changed their life for the better and in a heretofore unimagined way.

As a reformed nail biter, I understand how personal this habit can be. Wherever possible, I have included in the text you are about to read an account of my own battle with this habit. You will come to understand that you are not alone in the world. In our case, misery definitely welcomes company!

I am here with you, accompanying you on your journey to finally and permanently divorce you from this mind bogglingly difficult-to-break habit. You will be most successful in your quest if you read this book closely and in its entirety. You may be tempted to jump ahead to the solution chapter. *Don't do it!*

By reading and understanding the background of nail biting, you are forming a solid intellectual foundation upon which you can now confidently stand. You will be able to attack the habit with both knowledge and a powerful cure. The combination is a serious and very well

documented therapeutic approach. See my web site—
www.stopyournailbiting.com—for success stories and pictures.

Before I set you off on this journey though, what I require from you is a commitment. You alone hold the keys to your success. You will learn to be responsible for your own behavior and for banishing this habit forever from your life. I am confident that, like countless other folks who have used the technique I am about to describe, you will find freedom.

Before we begin, I would like to recount an experience that I had during my very first day of graduate school in New York. Typically, new students gather in a large auditorium at the start of the semester. One by one, they stand up and try to introduce themselves to their classmates in a novel way that will impress their peers and set their social stage for the duration of school.

As the self-introductions went around the room I struggled to find something interesting and witty to say that would grab the attention from a room full of extremely bright and motivated business students. At the time, I had been free of the nail biting habit for about six months. I was proud of myself and eager to share my healing experience. I hoped that I could help other people. But I was not prepared for what happened next.

As my turn came, I stood up, and briefly mentioned that I had just broken my nail biting habit and that anyone else wishing to do so could come to me for help. The room immediately went silent. I stood there beaming, waiting for applause, naïvely thinking that my fellow students would share my happiness. To my horror, everyone broke into raucous laughter. Red faced and highly embarrassed, I shrank back into my seat. *Great way to start graduate school*, I said to myself, envisioning lunch alone for the next two years with everyone snickering behind my back.

That afternoon, however, and over the next few days, I was privately approached by 20 or 25 students. Each one secretly confided in me that they bit their nails and wished to stop—at almost any cost. This was my first foray into helping people vanquish this bad habit. Graduate school turned into the laboratory in which I was able to refine the technique presented in these pages. I will never forget that day I stood up. I will never regret making a monkey out of myself. Because of that memorable day, I am now able to share the secret of success with you.

Good luck in all your journeys and please keep in touch by logging into my web site and sharing your experience with our community. Read on now. Learn how you can finally and permanently cure yourself of nail biting.

2 Nail Biting Defined