

Thank you Natalie, we will add your story to our site (just a couple of word changes so that we don't give away the technique). You can check our site later and see your own words there; hopefully we can help a lot more people overcome this horrific habit.

Don't forget - the best is yet to come. Wait and see what happens to your own personal sense of confidence; it will go thru the roof, and you'll find yourself trying and overcoming so many more new challenges. Good luck!

Best,

Gil

-----Original Message-----

From: Natalie Schmitt

[\[mailto:natalieXXXX@yahoo.com\]](mailto:natalieXXXX@yahoo.com)

Sent: Saturday, May 27, 2006 1:20 AM

To: info@stopyournailbiting.com

Subject: RE: success at last!

Gil-

Thank you so much for taking the time to send a personal reply and some words of encouragement. Rest

assured, I know I am not out of the woods yet!
Please
go ahead and add my story to your website. I
hope it reinforces that this is a real cure and not
just another in a long line of gimmicks.

Take care-
Natalie

--- "Stopyournailbiting.com"
<info@stopyournailbiting.com> wrote:

> Hi Natalie,
>
> Thank you much for the e-mail; we get these
kinds of
> mails commonly, but
> it is always a pleasure to hear it again! :)
Unreal
> isn't it? Myself,
> I was a horrible biter, and to this day (almost 8
> years later) I am
> still grateful for stumbling onto and working on
> this cure. I am so
> happy to not bite my nails, you simply cannot
(but
> maybe now you can)

> fathom how relieved I am. This is what prompted me
> to put up the site
> and write the book.
>
> You are not out of the woods yet though; please give
> it several months
> for the change in behavior to set in ok? Yes, you
> are powerfully aware
> of your behavior now, but do not fall into a false
> sense of victory. A
> humble approach works great, and myself, I always
> remain a little afraid
> of the habit re-appearing (so, every now and then I 'practice' hearing
> the sound in my mind).
>
> Good luck! Can we use your testimonial for our site
> please? We can help
> even more people if you let us use your own words?
> Thank you,
>

> Best,

>

> Gil

>

> -----Original Message-----

> From: Natalie Schmitt

> [<mailto:natalieXXXXXXXX@yahoo.com>]

> Sent: Wednesday, May 24, 2006 9:21 PM

> To: info@stopyournailbiting.com

> Subject: success at last!

>

> Dear Gil-

>

> I have been a hopeless nailbiter for as long as I

> can

> remember and I'm 39 years old. I have been

> embarrassed by this habit my whole life.

Whenever I

> am holding a fork or a glass I imagine people are

> looking at my nails. Whenever people are around me

> I

> position my hands so that no one can see my nails.

> I

> can't even do something as simple as peeling
a price
> tag off a gift without the help of a knife. I have
> even declined drinks when I was thirsty
because I
> didn't want people to see me struggling to
open a
> can
> without nails to lift the tab.
>
> I frequently scour the internet for cures using
text
> searches but one day recently I did an image
search
> instead. That search returned before and after
> photos
> from your website so I followed the links. After
> viewing all the photos and reading the case
studies
> I
> downloaded the e-book and read it from start
to
> finish
> in one sitting.
>
> In short, I was blown away by the simple
revelation

> that there are actually two distinct behaviors
and

> that the visual inspection and feeling of the
nails

> and cuticles led to the biting and picking.

When I

> thought about my own situation I could see
how true

> this was yet I never ever realized this on my
own.

> This was so powerful to me that I never had to
use

> the technique after the first day and I only had
to

> do it once that day!

>

> In short, thanks to you I don't bite and have no

> urge

> to bite my nails anymore. After a month
they're

> well

> on the road to recovery and I'm no longer

> embarrassed

> to have people see my hands!

>

> Thank you!

> Natalie

>

>
>

> Do You Yahoo!?
> Tired of spam? Yahoo! Mail has the best
spam
> protection around
> <http://mail.yahoo.com>

>
>
>
>
>

Natalie Schmitt

Do You Yahoo!?
Tired of spam? Yahoo! Mail has the best spam
protection around
<http://mail.yahoo.com>