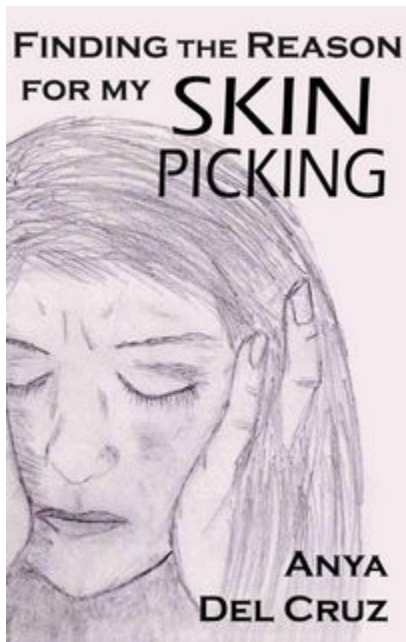


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Finding the Reason for my Skin Picking shows author Anya Del Cruz' self-examination as she struggles to overcome skin picking. It delves deep into her thoughts and history, finding skin picking related events as far as two decades. The introspection helps shed light on this frustrating condition. Reflect and understand your reason as you read through the personal account of a fellow skin picker.



