

You Can Stop Biting Your Nails, Here's How!

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You Can Stop Biting Your Nails, Here's How!

By Kevin Hamill

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by: **Kevin Hamill**

In what situations do I sub-consciously start to bite my nails?

2003 by Kevin Hamill

<http://www.stopbitingournails.ca>

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Nail Biting Basics

By Christopher J. Henry

Most relevant studies have found that nail biting tends to peak out around puberty.

Nail biting is an extremely tough habit to break and treatment for it varies.

Improving self-esteem is also helpful when attempting to break the habit.

www.stopbitingnails.com

, CONTROL-IT is a gentle and natural

You Can Stop Biting Your Nails, Here's How!

Nail biting may be treated addressing symptom rather than cause; it is a habit, not a disease.

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