



## Cut It Out!

*Michael Kibler*

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## **Cut It Out!** Michael Kibler

In his first person self help book, Cut It Out!, Michael Kibler uses experiences from his own self harm addiction to provide valuable insights and explanations about self harm. Written for self harmers by a former self harmer, Cut It Out! is packed full of useful information regarding an addiction that plagues millions of people across every demographic.

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