



***"Nix Your Tics! was a perfect mix of information, humour, illustrations and motivation. It will no doubt help people "eliminate unwanted Tic symptoms", as well as build their self-confidence. You have truly written a guide for young people, that is nothing short of inspiring."***

Alison St. Pierre, age 13

***"Empowering! Dr. McKinlay, through his own personal and professional experiences, makes tic management understandable and does so in a humourous, yet sensitive way. It's a must-read for kids and adults with TS."***

Douglas W. Woods, Ph.D.  
Behavioral Sciences Consortium, Tourette Syndrome Association  
Author "Managing Tourette Syndrome"

## **Nix Your Tics!**

By B. Duncan McKinlay, Ph.D., C.Psych.  
ISBN 978-0-9810684-0-4

***This book has the power to help you make the tics of your choosing to go away—for good!***

Hey. Got tics? You're not alone. Up to one in five kids will have at least one tic at some point. Including the guy who wrote this book!

Nix Your Tics is a how-to guide book to help youth and young people learn to manage, treat, or get rid of bothersome tic or tick symptoms. It teaches behavioral techniques like habit reversal training and CBIT, fosters a positive attitude, and provides hope.

Dr. B. Duncan McKinlay, Psychologist ('Dr. Dunc') has Tourette Syndrome. That means he's been living with both motor tics (movements he has a hard time stopping) and phonic tics (noises he has a hard time stopping) for most of his life. He knows firsthand how annoying, embarrassing, misunderstood, painful, and disruptive tics can be. For years, he's been educating people all around the world by means of his presentations and Websites, and through appearances on television, in magazines, and on film. Now, in ***Nix Your Tics!***, he wants to share with you a little-known but well-established, evidence-based practice\* he uses to manage tic symptoms in both himself and in his patients.

*\*as per criteria set out by the American Psychological Association's Division 12 Task Force on Promotion and Dissemination of Psychological Procedures.*

**Endorsed by:** Paul Sandor, M.D. (Director, Tourette Syndrome Clinic, Toronto Western Hospital; Chair, Professional Advisory Board, Tourette Syndrome Foundation of Canada), John T. Walkup, M. D. (Department of Psychiatry, John Hopkins Medical Institute; Chairman, Medical Advisory Board, Tourette Syndrome Association), and many others.

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# Nix Your Tics!

Eliminate Unwanted Tic Symptoms:  
A How-To Guide for Young People

Nix Your Tics! By B. Duncan McKinlay

By B. Duncan McKinlay,  
Psychologist

