

WHAT THEY SAY

"Duncan McKinlay has done it!!! He has written a great book about strategies kids can use to manage their tics more effectively - adults will like it too. Duncan McKinlay's insider knowledge (he knows about tics firsthand), his superb clinical skills (he is a psychologist), and his outstanding capacity to communicate with kids makes this book a winner!!!"

*John T. Walkup, M.D.
Department of Psychiatry, Johns Hopkins Medical
Institute
Chairman, Medical Advisory Board, Tourette Syndrome
Association*

"There is such a great unfilled need for this intervention. Any clinician treating children and adolescent with Tourette Syndrome needs this one in the tool box. Nix Your Tics! is clearly written, engaging and provides all the essential guidance to help young people (and older ones also) to understand the principles of habit reversal, or comprehensive behavioural intervention for tics. Many will be able to use this manual to reduce their tics with some guidance from their clinicians. In the introduction and throughout the book there are excellent comments and suggestions about how to deal with the social consequences of ticcing. The book is brief, informative and written in a engaging style well suited to the intended young audience."

*Paul Sandor, M.D.
Director, Tourette Syndrome Clinic, Toronto Western
Hospital
Chair, Professional Advisory Board, Tourette Syndrome
Foundation of Canada*

"Here's someone with the guts to go into the deepest core of himself and risk more than anybody out of the love of his profession. With a vision as bold as brass, a buzz of irreverence and a voice as eloquent as a best friend, Dr. Dunc's practical wisdom stimulates the mind as well as the heart. I hope this book sells and sells and winds up changing the brainscape for all those who have the strength to endure. Nix Your Tics is a winner! It will inspire you with action and teach you the habit of winners. Remember, you can be anything you want to be. This "normie" is rooting for all of you!"

Rosie Wartecker
Executive Director, Tourette Syndrome Foundation of Canada

"I remember with delight the first time I met Duncan McKinlay ("Dr Dunc" as I now know he is affectionately known) – when he literally bounced up to me at a conference saying with joy on his face "You are actually the real Dr Mary Robertson" - in Toronto 2001 at the Tourette Syndrome Foundation of Canada Conference. His greeting was so warm, generous, spontaneous, came from the heart (and a bit from the head too) and showed really excellent communication skills. I have met Dr Dunc now many times and his qualities are always the same. This excellent book reflects these qualities and I am sure will help young readers with Tourette Syndrome and parents alike. Dr Dunc's book is an effective book about effective techniques...but packed with enough fun and validation to make this a good read for anyone with tics or problem habits, whether they are looking for treatment or not. As important as it is to provide young people with psychoeducation & training in tic awareness, competing responses, and relaxation techniques, nothing at all had been written for them before now — let alone anything

with Dr. Dunc's engaging style. For that reason, this book is a valuable resource."

*Mary M. Robertson, MBChB, MD, DSc (Med), FRCP(UK),
FRCPC, FRCPsych*
*Emeritus Professor of Neuropsychiatry University
College London UK*
*Honorary Consultant to the St George's Tourette Clinic
London UK*
*Member Advisory Board, Canadian Tourette Syndrome
Foundation*

"I have known Duncan McKinlay, Ph.D., professionally for a long time and feel privileged to have had a chance to review his book, "Nix Your Tics." This book is a wonderful contribution to our arsenal in the battle to treat Tourette Syndrome. I have seen people with severe Tourettes after they have seen Duncan who are doing remarkably better in reducing their tics. He has a particular gift in working with adolescents and making them feel validated for all that Tourettes has put them through. His empathy and professional knowledge are a particular asset to the children, adolescents, and adults wanting to do "Tic Management."

Sheryl K. Pruitt, M.Ed., ET/P
Author, "Teaching The Tiger"
Clinical Director, Parkaire Consultants Inc., Marietta, GA

"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