

If You Love It, It Will Grow: A Guide to Healthy, Beautiful Natural Hair (Paperback)



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Reviews

*Completely one of the best publication I have actually read. Indeed, it is perform, nonetheless an interesting and amazing literature. Your lifestyle span will likely be transform when you complete reading this book.
(Mrs. Agustina Kemmer V)*

IF YOU LOVE IT, IT WILL GROW: A GUIDE TO HEALTHY, BEAUTIFUL NATURAL HAIR (PAPERBACK)



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Phoenyx Austin, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. HOLISTIC CARE FOR NATURAL HAIR!! It s finally here- a book that takes a holistic approach to natural, afro-textured hair care! Thanks to Dr. Phoenyx Austin, a proven expert in health, nutrition and afro-textured hair care, we now have a fabulous book that explains how to grow and maintain healthy and longer natural hair. And with a head of gorgeous, long afro-textured hair herself, Dr. Phoenyx proves that she s not only talking the talk, she s walking the walk! In this book, you will learn all the secrets and sage advice for achieving healthy and longer hair. You will learn: - How afro-textured hair grows and why it s unique from other hair types - How to use Dr. Phoenyx s beauty smoothie recipe to maximize hair growth and hair health from the inside out - How to stop hair breakage and hair loss that plagues many women with afro-textured hair - How to develop a lifelong and flexible hair regimen based in holistic hair care - How to love your hair so it can be its healthiest, strongest, and most beautiful! women grow beautiful hair for thousands of years In truth, If You Love It, It Will Grow is more than a book, it s a philosophy! There is a great interconnectedness between how women feel about their hair and how they feel about themselves. Growing healthy, longer and beautiful natural hair is absolutely within your reach. It s all about giving your hair what it needs- that extra bit of TLC. If You Love It, It Will Grow! Praise for Dr. Phoenyx Austin If You Love It, It Will Grow isn t simply a clever title.it s the truth! I...



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