



If You Love It, It Will Grow: A Guide To Healthy, Beautiful Natural Hair

Phoenix Austin

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If You Love It, It Will Grow: A Guide To Healthy, Beautiful Natural Hair Phoenix Austin
LOVE IT, AND WATCH IT GROW!!

Thanks to Dr. Phoenix Austin, M.D., fitness specialist and natural hair guru, we now have a fabulous book that explains how to grow and maintain healthy and longer afro-textured hair. And with a head of gorgeous natural hair herself, Dr. Phoenix proves that she's not only talking the talk, she's walking the walk!

In this book, you will learn:

- * How afro-textured hair grows and why it's unique from other hair types
- * How to stop hair breakage and hair loss that plagues many women with afro-textured hair
- * How to best use nutrition and other health-based principles to maximize hair growth potential
- * How to develop a life-long and flexible hair regimen based in holistic hair care
- * How to leverage the power of Ayurveda, an ancient form of alternative medicine that has helped 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. Phoenix Austin

"If You Love It, It Will Grow isn't simply a clever title...it's the truth! I hope that you enjoy If You Love It, It Will Grow as much as I have and that Dr. Phoenix's expert advice is as good to your afro-textured hair as it has been to mine!" - Jamilah Lemieux. Editor, EBONY.com

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Have you spare time for any day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the actual Mall. How about open as well as read a book called If You Love It, It Will Grow: A Guide To Healthy, Beautiful Natural Hair? Maybe it is to become best activity for you. You understand beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with their opinion or you have different opinion?

Sophia Whitfield:

Information is provisions for people to get better life, information nowadays can get by anyone from everywhere. The information can be a know-how or any news even an issue. What people must be consider while those information which is inside the former life are hard to be find than now's taking seriously which one works to believe or which one the resource are convinced. If you receive the unstable resource then you get it as your main information there will be huge disadvantage for you. All of those possibilities will not happen within you if you take If You Love It, It Will Grow: A Guide To Healthy, Beautiful Natural Hair as the daily resource information.

Thomas Heiden:

Reading can called brain hangout, why? Because if you are reading a book mainly book entitled If You Love It, It Will Grow: A Guide To Healthy, Beautiful Natural Hair your head will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely can be your mind friends. Imaging every word written in a guide then become one type conclusion and explanation in which maybe you never get previous to. The If You Love It, It Will Grow: A Guide To Healthy, Beautiful Natural Hair giving you yet another experience more than blown away the mind but also giving you useful information for your better life on this era. So now let us demonstrate the relaxing pattern this is your body and mind will be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

Mary Barnett:

Within this era which is the greater particular person or who has ability to do something more are more treasured than other. Do you want to become certainly one of it? It is just simple way to have that. What you should do is just spending your time not much but quite enough to experience a look at some books. One of several books in the top record in your reading list is actually If You Love It, It Will Grow: A Guide To Healthy, Beautiful Natural Hair. This book that is certainly qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking upward and review this publication you can get many advantages.

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