



Do It With Words: Regrow Your Hair with Your Mind

Kfir Luzzatto Ph.D.

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Do It With Words - No "Magic" Potions or Lotions Needed Do It With Words is a straightforward guide into the power of your mind. The author, a former skeptic, who reformed after witnessing how mind-body practices deliver tangible results, provides visual proof and a precise blueprint of the mind-body experiment in which he succeeded in his attempt to regrow lost hair and to restore its natural color to gray hair. The book describes in precise detail how the author: regrew lost hair; restored its natural, dark brown color to his previously white hair; used self-hypnosis, guided imagery and meditation to achieve all results without the aid of any external preparation;

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