

Christine Mager Wevik

# It's Only Hair

hair loss help and humor



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## It's Only Hair: Hair Loss Help and Humor



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Have you ever got the nightmare where you're bald? Compiled by a true Alopecian, Christine Mager Wevik, *It's Only Hair* includes a personal, insightful, and uplifting, if not really brazenly honest method of coping with The Shiny Head Syndrome: humor. The main one where you look like a Martian, or some poor shlub on a sitcom who simply lost their locks from a poor perm or a useful joke gone bad?" (Ella Wheeler Wilcox, 1883) Look-we all understand how endorphins work. This book handles the clinical aspects, such as for example causes and treatments of most types of hair loss including alopecia, chemotherapy-related hair thinning, and male and feminine pattern baldness, but more importantly, the psychological influence it is wearing bald and balding individuals. You ARE bald (or going bald). Perhaps you still have some locks left, in which case, you believe you look like a newly-hatched buzzard chick (and where's that shell?? "Laugh and the globe laughs with you; Regardless of the cause or degree of your hair loss, *It's Only Hair* is definitely a humorous self-help book that addresses it all. That isn't a nightmare-that's true! Where you find that now there is not even one hair left on your head, it's easy and shiny such as a pretty, brand-new car?). weep and you weep alone. Oh, wait.... We just understand that laughing feels great, and we forget that we possess a choice in how exactly we feel.okay, maybe we don't. Choose happiness-it's more fun!



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Thanks Christine Dear Christine, You have saved me thousands of dollars on stuff that does not work. I would suggest this book to anyone, whether struggling with hair thinning or not. I lost all the hair on the top of my head in a matter of three weeks. This book is filled up with great advice for anybody who has experienced hair thinning or knows anyone who has. It's Only Locks is a wonderful, encouraging ministry! It really is grow, very gradually. I had my boy shave off the others so I would have a complete head of hair when it came back but in the mean time I am having a ball with the wigs. A different appear every day. After reading your book I came across so many wonderful methods to look like I've hair. Do-rags, hats, and wigs. I've a husband like yours. Her publication It's Only Locks is masterfully created. I recommend this publication to anyone going through anything. I have known Chris for quite some time...she is a smart, funny, compassionate, and obviously talented individual. There are several things in lifestyle, like losing your hair, that you can't control. It is a very open up and honest, warm and funny, truthful and beneficial book. For anybody with hair thinning or who understands of someone with hair thinning, or is just curious about people living with hair loss, this is a must read. Appreciate love love! It can make life a little much easier. The world of Alopecia is not used to me. I am hoping she does even more with this reserve to encourage others who are suffering the consequences of alopecia or the consequences of chemo therapy. My grandmother survived breast cancers but lost her locks in the process, this book made it easier to relate to her battle and know how much the hair thinning impacted her. Loved it! This book is upbeat and informative. I learned a great deal about alopecia and the ones living with it. The author has a wonderful love of life and is an excellent story teller. Your humor as well as your faith in God made me see my losing my locks in a different light. I had the opportunity to meet up Christine Mager Wevik at a Nebraska Writers Guild workshop in Omaha in the Springtime of 2016. I understand your husband stood with you. She is a beautiful lady who has created a book that's at times poignant, someways tragic, and often--hilarious. Her interviews with various other alopecia victims, and also her own encounters, serve to supply insight on controlling this situation, irrespective of occasional incidents of curiosity or cruelty. She understands the feelings that go with hair thinning, whether from disease, or chemotherapy, or choice. Nevertheless, her book contains not merely her personal testimony, but that of others aswell. I really believe Chris's deep personal faith has given her the trust in God to get through these tremendously painful and difficult times she has had to live through. It's positive vibe draws you in. Lynn Chelewski, member Nebraska Writers Guild her revenge is nice! I don't have alopecia but I understand somebody who does . Wouldn't we all like to believe way! With humor and insights, with personal experience and scientific data, she covers the topic of baldness as efficiently as she covers her own naked head. I'm not personally traumatized by hair loss, although I do involve some male pattern baldness. She covers the basic research of the syndrome. All along the way, she inserts her own, self-deprecating, humorous method of going bald, putting on a wig, (or not really), and putting the complete subject into perspective. It's just hair! In the end, "it's only hair"! She can not only write, but is a wonderful speaker as well. She recalls the humor of chasing her wig across a car parking lot.) She writes: "I can accept the way I am today, and when someday my hair comes back, or a treatment is found, Hallelujah! In her overview, she shares her own private, spiritual approach to dealing with this mysterious syndrome. She is displaying us 'the way'. (In the end, it's only hair! In short, there is probably no "bald" encounter that she is afraid to talk about with her readers or chuckle about. Until after that, I've got stuff to do." A book not just about hair loss but about changing the way you deal with the hardships of life The book, It's Only Hair, may seem to be a book about hair loss and it is, and yet it is about a lot more. It is written with humor therefore filled with hope, I

absolutely love it! A very open and honest, warm and funny, truthful and informative book! It helps you to get the courage to treat yourself with like and acceptance and how exactly to teach others to do the same regardless of how you look. It offers a great deal of credible personal help, coping information, and is normally in and of itself a ministry. This book allows you to recognize that the five phases of grief that you experience are perfectly regular when you shed your hair, or in any situation and how to work through them. She claims in the book I would much rather be known for my ability to cope, to laugh, to accept, to greatly help, than to have self pity or bitterness. In this case, her revenge is sweet! If you want to be motivated to change your life, to look at it from a place of hopefulness rather than despair and defeat this publication is for you, regardless of what you are going through.. Great Suggestions! As my locks was down to my butt it produced a comb over not possible. Christine Wevik uses humor and her own private experience to explore every aspect of baldness. It's Only Hair is the no-nonsense reserve about hair thinning that you gained't want to avoid reading. Whether you're coping with permanent or short-term hairlessness, this book will help you understand how to feel safe in your own pores and skin. This reserve reflects all of those qualities in her. I don't possess alopecia but I know someone who does, which reserve helped me to comprehend what it was and what my pal was going through. It can help you see the positives and can get on with lifestyle. While every passage is normally infused with her lighthearted remarks, her book reveals her to end up being right down to earth and practical. Beautifully written book Beautifully written book. I experienced like I was in Chris's head when I examine it. It had been very useful, witty and heartbreaking. I laughed, I cried and I leaned a whole lot about alopecia. Such an excellent book! IT'S ONLY HAIR can be an informative and compassionate publication on dealing with loss, specifically hair loss, but ultimately, any reduction or challenge that one might be going through. It's about life's challenges and how exactly to figure out how to live with them regardless of what you may be going through. With humor and insights It's Only Hair could be considered the author's revenge against her own condition of alopecia--the circumstance of total hair loss without apparent causes... This publication explains that you can control your attitude and your reaction to hair thinning. It was clear and exact and kept my interest throughout. This book is a great reminder of this and truly inspired me to go ... Perspective is truly everything and Chris has captured it so wholeheartedly very well through the composing in "It's Only Hair." Most of us face struggles in our lives both big and small every day but it is the way you choose to both learn and develop from it. This book is a good reminder of this and truly inspired me to go through life positively and to always have faith. We appreciate the honesty of the author in this book . If you wish to have a new lease on lifestyle read this book, it'll change your out appear on your life no matter what you are going through!. I appreciate the honesty of the writer in this book and the journey she had through hair loss. Being able to feel the phases of reduction and gain acceptance and acquiring herself is what we all need to do, whether it is through hair thinning or another situation inside our life. In the grand scheme of points, the outward lack of hair cannot contend with her inner sense of self-worth--an attitude she encourages others to look at.



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