

THE SECRETS

***Your HAIRDRESSER
was always hiding***

Little secrets
that create
a BIG difference

*Inspired by the
“Hair Salon Gossip”*

DAVID BURIEV



David Buriev

The Secrets Your Hairdresser Was Always Hiding: Little Secrets that Create a BIG Difference (Hair, Beauty, Health, Habits Book 1)



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So thankful for meeting him"99. Regularly priced at \$17." Continue reading your PC, Mac, smart phone, tablet or Kindle device. You'Do something today and download this book for only \$9. This reserve is filled with incredible information that may literally transform your daily life, improve your locks, increase your self esteem, boost your positive thinking ability, and prevent different health problems which you can quickly avoid by following a easy steps outlined in this publication. The way you look after your hair and just how it looks and feels on the outside can tell others a lot about your health, lifestyle, and habits. Poor nutrition which in turn causes nutritional deficiency, hair loss, and many other medical problems, usually starts because of lack of information about what exactly you should eat for a healthier body and an increased fitness level..If you are like the majority of people who visit their hairdresser, you almost certainly talk to him/her about everything possible such as for example your life, your health, your personal problems, and your job. And take your daily life under control. And as a hairdresser and a lifestyle coach I have decided to talk about all this accumulated information with you. Here Is A Preview Of What You'll Learn... Great publication that helped me consider my entire life under control and begin to lead a wholesome lifestyle. Learn some very nice Fitness secrets that can tremendously improve your health and lifestyle. Learn how to boost your self esteem. Learn how exactly to stay positive even at the toughest times. Learn how to start enjoying real life NEVER BEFORE. And much, a lot more! Download your copy today! re going to discover all the secrets your hairdresser was supposed to give out but by no means did. 99 for a restricted time only! An excellent, positive hairdresser comes with an enormous amount of resources and can help you with almost any problem you face, which is because of the fact that he/she meets different people from different facets of life, who contribute therefore very much to his/her bank of understanding. Look great, Do Good, FEEL GREAT. - Mary Fisher (Toronto, ON) "thehairhealer.com for HARD COPIES Check Out What Others Are Saying. Love his ideas.com© Therefore, if healthy living and an increased self esteem is everything you are striving for than this reserve will benefit you greatly..99. If you are looking for a change in the way you view life, read this book, or go see David. He has the knowledge which incredible ability to bring your feeling from underneath to the very top. The Secrets Your Hairdresser was Always Hiding Little Secrets that induce a BIG Difference Today only, get this Kindle book for \$9. www. 2015 All Rights Reserved Email: details@thehairhealer. Figure out how to overcome different hair and scalp complications such as HAIR THINNING, Thinning, Dandruff, Grease, and Dryness. Learn just what causes these different problems. Learn what you MUST increase your daily hair caution routine. Learn why nutritional deficiency can make you loose hair. Learn just how little changes to your daily diet and fitness can cause you to develop longer and fuller hair, and make you a more healthy, and happier person. After implementing the techniques in it, my self-esteem has gone up and Personally i think more welcome all over the place I proceed." – Liat Kaufman (Hamilton, ON) "His technique is excellent, and he is the only real hairdresser I have had who can consistently make my hair look how I'd like it. He actually cares if his clients are happy with the results" – Miriam Karlin (Thornhill, ON) Tags: Hair caution, Hairstylist, Hairdresser, Secrets, Healthy living, Nutrition, Nutrition, Fitness, Yoga, Nutritional insufficiency, Positive thinking, Hair thinning, Hair growth, self esteem, Motivation, Inspiration, Health, Habits, Beauty



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Amazing Find This book gives advice about hair and other healthy habits that are good to form including about being positive. I didn't. Did you know washing your hair before you go swimming will keep your locks from absorbing chlorine? Most of this advice is pretty standard—get enough sleep, exercise regularly, eat well—however, many of the suggestions will really hit home with visitors (like me) who've been sense guilty about avoiding close friends who are downers. That was the chapter that gave me probably the most insight on stuff I can do better. Yes, most of the articles feels just a little off the topic and we really don't need to be reminded again and again to be cautious about using hot equipment to style the hair, but there are several really great tips here, including one from the box recommendation to make use of mouthwash to eliminate dandruff. Quite an interesting read. And prevent scratching your scalp!! The author is a hair dresser and lifestyle consultant who requires a holistic method of hair care in this informative small ebook. Sleep on a silk pillowcase. (Table salt may also work.) In regards to a quarter of this content is directly related to hair; the others is more properly filed under "lifestyle coaching" with its tips on "how to like yourself more" etc. Me either. And when the writer suggests two simple points that will de-stress your daily life ("single tasking" rather than "multitasking" and "Do much less") it certainly resonates. This is a book that's padded out—some of the advice is repeated, not once but several times—even though the author gives website URLs for finding hair vitamins, he will not (perhaps for legal reasons) mention the hair care product brands he's found most useful. That's disappointing. What you get with this book is some good details embedded in a bracing pep chat touting the joys of positivity and the benefits of looking after yourself. And there's nothing incorrect with that. Let your locks become healthier! Well founded tips from the best. After reading this book, I have understood that I haven't been taking care of my hair that well! I obtained therefore many new information from this book on how to look after my hair.. I certainly recommend this reserve! Or use dry shampoo as a styling product. He brings up many things I under no circumstances knew about, or simply never thought much about. Now I understand which food to eat for proper nourishment to my hair, the type of products I will use, how to take care of my scalp, and avoiding dangerous activities to the locks such using hot water, tying up the hair continuously, or failing to maintain a trim every month.. The author really appears to value others. He writes about your wellbeing; ways to get it, and how to keep it. This book isn't just about your hair. Everyone should browse this book at least once. the Power of Positive Hair Treatment (and More) Did you know that male hair grows faster than female hair? Need your hair to appear fuller? This is a book I recommend for anyone to read because of the valuable information. Okay, honestly - I have never known so very much about hair until We read this book!! Five Stars Great tips! Fun read.



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