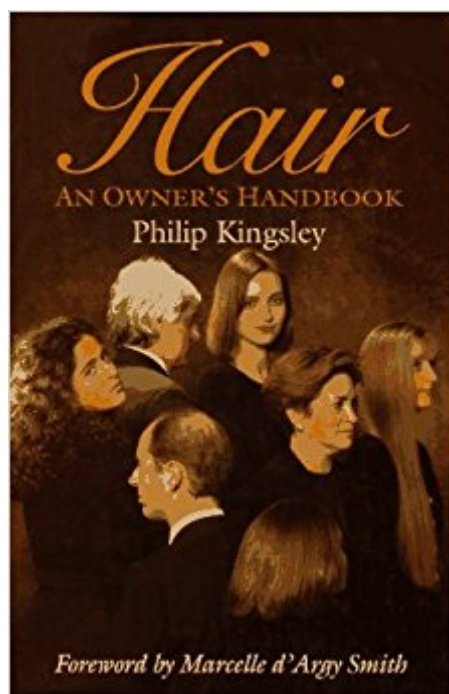


The book was found

# Hair: An Owner's Handbook



## Synopsis

A handbook on preserving, caring for and enhancing hair, which contains information on the different hair types, basic care, hair problems, and includes a section on baldness and its treatment.

## Book Information

Hardcover: 160 pages

Publisher: Aurum Press; First Edition edition (October 1995)

Language: English

ISBN-10: 1854103369

ISBN-13: 978-1854103369

Product Dimensions: 9.5 x 6.2 x 0.8 inches

Shipping Weight: 15.5 ounces

Average Customer Review: 3.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #2,178,457 in Books (See Top 100 in Books) #95 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Hair #400662 inÂ Books > Textbooks

## Customer Reviews

We're often given misinformation about the actual science of our hair, such as getting it cut will make it grow faster (if the end of the hair had nerves signalling back to the follicle inside the head, then it would hurt to get a haircut!) and other such nonsense, so this is a very good reference book on the biology of our hair and how the environment and other factors affect it. However, I must disagree with some of the information in the book. The author says that all hair should be washed every day to keep it healthy. If we did nothing else to our hair, that might ring true, but when you add blow dryers, curling irons, and other chemical processes, I personally believe it can be more harmful to wash hair that often. My advice is to read the book but keep in mind that every word is not gospel. I think it's sad that the book is generally not available in the US except through second-hand stores. I trust the scientific information in it a lot more than I do many books on the subject of hair.

I am a person who is semi-obsessed with thte condition of her hair so I thought this would be a good book for me. It turns out that most of the hair advise was stuff I've already read in fashion magazines or stuff that didn't aply to me like hair loss. Oh well.

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Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss

Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) How to Cure Baldness and Prevent Male Hair Loss (Mens Hair Loss, Propecia, Minoxidil, Receding Hair Line, Hair Regrowth, male pattern baldness, mens hair) Hair Loss: How it Happens and How to Fix It (Hair Loss, beauty and fashion, hair, loss, aging parents, hair growth, healthy hair) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney NATURAL HAIR SCALP REGENERATION - STOP hair loss and regrow hair very FAST GUARANTEED: YOUR LAST CHANCE TO REGROW YOUR HAIR NATURALLY Hair Loss Cure: A Revolutionary Hair Loss Treatment You Can Use at Home to Grow Your Hair Back little book on hair loss restoration that really works...: unassuming hair regrowth method actually grows hair back Hair Loss Solutions: Understand, Prevent and Regrow your Hair-Keep Yourself Looking Younger for Longer(Hair Loss Treatment and Prevention) Hair Loss: The Ultimate Resource of Tried and Tested Solutions for Hair Loss and the Maintenance of Healthy Hair How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs Back On Track - Fighting Hair Loss At Home, How To Prevent And Cure Hair Loss Using Home Remedies, Grow Your Hair Thicker Naturally! Hair Loss Cure: How to Prevent Hair Loss. Discover the Top Hair Loss Treatment that Will Save You from Eternal Baldness! Grow African American Hair Long - 7 Days To Faster Growing Hair: Grow Hair Fast Methods and Natural Treatments for Balding Homemade Natural Hair Care (with Essential Oils): DIY Recipes to Promote Hair Growth, Shine & Repair (Shampoo, Conditioner, Masks, Aromatherapy, Hair Loss Treatment - 100% Cruelty Free)