



Hairapy *Deeper than the Roots*

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Hairstylist. Therapist. Hairapist. Hairapy!

Two decades of hairapy experience = new book full of compassionate essays to help enable change

Take a seat in former LA hairstylist Michael Blomsterberg's chair and you'd walk away with much more than gorgeous locks. His compassionate listening and Master Certified Life Coach experience has given him the much-earned title of "Hairapist", bestowing peace of mind to many and inspiration to all.

No matter where you are in life, Blomsterberg has been there. As a child he survived physical and psychological abuse; as an adolescent he survived bulimarexia, drug and alcohol addiction, and bankruptcy. As an adult he survived testicular cancer and the dissolution of a 12-year relationship.

In his new book *Hairapy: Deeper than the Roots*, Blomsterberg condenses humor and sharp insight to help those who are facing addiction and trauma issues. Chapter by chapter, he peels away at what eats at us and prevents us from being the best we can be.

Chapter topics - written with compassion with handfuls of acidic wit thrown in for good measure - include the following:

- Scales and What to Do with Them
- The Holidays? The Hellidays?
- You have to DIE to DIET
- Let Go of the Need to Be Right
- The Passive-Aggressive Martyrs Society (PAMS)
- Until Death Do Us Part (Unless It's Really Not Working)
- Let Yourself Off the Hook

...and more!!

From the stylist's chair, to the hairapist's couch, Blomsterberg encourages you to believe in being, not doing, and being fulfilled by who you are. He says, "We are all perfect, beautiful, and whole exactly as we are."

Believe it.

About the Author:

Michael Blomsterberg has been a professional hairapist for 22 years and has received "Master Certified Life Coach" designation from Coach for Life, an International Coaching Federation (ICF) approved program. His mission is the synergy of his life experience and professional training: to harness his understandings to contribute to the lives of others. Michael lives with his partner, Rhett, in Southern California.