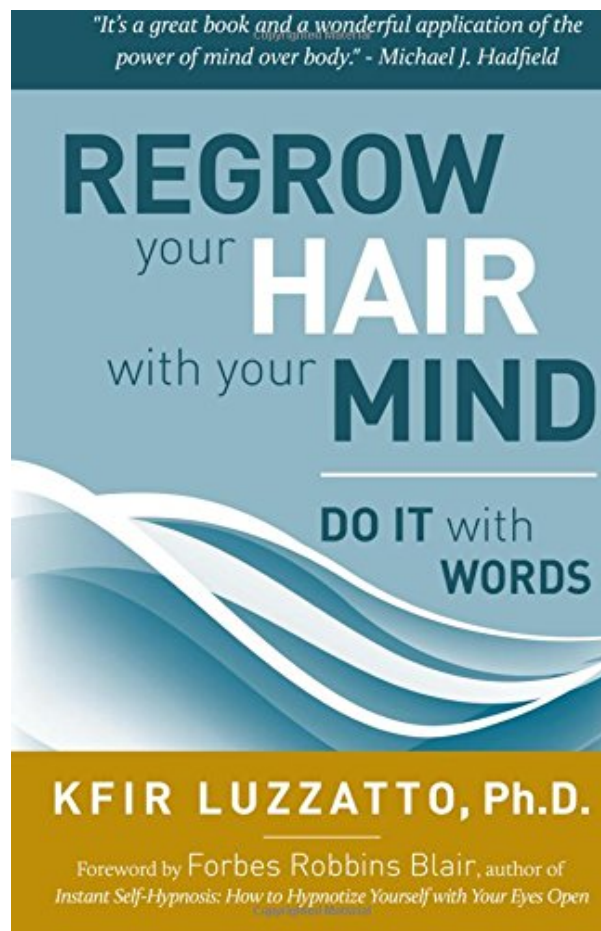


# DO IT WITH WORDS: REGROW YOUR HAIR WITH YOUR MIND BY KFIR LUZZATTO PH.D.



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*"It's a great book and a wonderful application of the power of mind over body." - Michael J. Hadfield*

# REGROW your **HAIR** with your **MIND**

**DO IT** with  
**WORDS**

**KFIR LUZZATTO, Ph.D.**

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# **DO IT WITH WORDS: REGROW YOUR HAIR WITH YOUR MIND BY KFIR LUZZATTO PH.D. PDF**

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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1 of 1 people found the following review helpful.

Mind over matter, wonderfully written

By Susan Anderson

First of all the writing is wonderful, as is the case with all Kfir's books. And secondly, my state of mind is so at peace because of Kfir Luzzatto's DO IT WITH WORDS: REGROW YOUR HAIR WITH YOUR MIND. His is not the first to speak of mind over matter and show by example and through referencing the work of other doctors who specialize in a thoughtful, disciplined, hypnotic self mastery, but he presents it so logically. It's been maybe two months since I began to rediscover this meditative discipline, thank you Kfir. And the other day, my mother noticed that my hair is getting darker. And she is right. Mind over matter. Miracle. Tranquility.

0 of 0 people found the following review helpful.

4.5 stars - Interesting, well-researched read

By Andrea Coventry

When I first saw the title of this book, I wanted to just blow it off as absolute nonsense. I decided to give it a shot, anyway. It wasn't a total waste of my time.

Kfir has a Ph.D. He is no stranger to doing research, and his book demonstrates this. He has put together a comprehensive approach to using your mind to do great things within the mind-body connection. While the focus is on regrowing hair, or even changing your hair color, he does tell how you can apply these concepts to many different aspects of your life.

He provides a detailed description of how he has gone through this process, as well as an outline to follow should you wish to try this technique on your own. He explains the need to believe in what you are doing and to be careful in how you approach it. He cites many sources, as well as sharing his own experiences.

Within these experiences, he has included photographs of the changes within his own hair. My only wish is that he would have done the two pictures in a similar setting. The picture of his white, balding head looks like it was done outside in the bright sunlight, whereas the one that shows the darker hair growing in was done inside in artificial light. A true comparison would be more effective if both had been one or the other.

Does the program work? I can't vouch for that. I have a head full of hair that is still 97 percent its natural brown. I have never tried guided meditation, nor other procedures discussed in this book, but I have had some experience with what we might call mind power. I have known people who use guided imagery to get them through painful experiences, such as cysts or during chemotherapy. There could be something valid there.

Am I going to try it? Perhaps on some level I will give it a shot. I figure I have nothing to lose.

So, kudos to Kfir for having strong faith in what he is doing. I am impressed by his research and synthesizing of the material into a useful guide. I wish anyone who tries this process a lot of luck.

I received a complimentary copy of this book in exchange for my honest review.

1 of 2 people found the following review helpful.

Mind over Grey Matter

By Ebeth

Kfir Luzzatto's *Regrow your Hair with your Mind: Do It With Words* is a book about the power of the human mind. Nobody can doubt the possibilities of what our minds can accomplish. However, upon reading the title, even I was hesitant about reading it. Because I am a student of mind mapping and the regeneration of the human brain, I leaped. So, of course, I am taking you with me!

Luzzatto has a developed process to his claim of hair regrowth through concentrated mind power, which may or may not be successful for others. He claims success with it, and diligently lays out the plan and purpose of each step. It does involve some self hypnosis and a certain level of commitment, and I dare say, it is not for the faint of heart. You really have to be sold on the process, because like anything that gains a positive result, repeat application is necessary.

More than gaining restored hair color or growth, this seems to me an exercise in mind control. It takes time, dedication to learning, and practice without the promise of the expected result. Even if there is no hair regrowth, the benefit of learning that amount of mind control should be substantial. This alone makes it a worthwhile read.

I received this book free in exchange for my honest review.

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