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How To Cure Baldness And Prevent Male Hair Loss (Mens Hair Loss, Propecia, Minoxidil, Receding Hair Line, Hair Regrowth, Male Pattern Baldness, Mens Hair)



Synopsis

My name is Paul Sanders, and I have been battling hair loss since I was 18 years old. I recently celebrated my 35th birthday, and I am proud to report that I still have a full head of hair. I am not a doctor, but I have spent the past 17 years trying to figure out how to either accept or cure my impending baldness (hint: Iâ™ve never been very good at accepting that anything is totally out of my control). This book focuses on my experience going bald, and more importantly the various methods I have tried to delay hair loss. My experience is somewhat unique in that I have an identical twin brother who did not attempt any of these methods and decided to âœlose his hair with dignity.â• Although his approach would have saved me countless doctorâ™s appointments, tons of stress, and a significant amount of money, Iâ™m a fairly average white guy who didnâ™t have a lot going on, and could not bear the thought of going bald (nor could I pull off the look).

Book Information

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Customer Reviews

I canâ™t actually believe that Iâ™m writing this, but Iâ™m one of those people who everyone likes to come to for advice. During a recent holiday dinner, my brother and law and I were talking

about why heâ™s still single at 34. I thought that he was comfortable with dating around and being the next Hugh Hefner, but I learned that he has a major hang up concerning his hair of all things. Itâ™s thinning, but nowhere near gone yet. My husband is slightly hair challenged, and my father in law has none, so Iâ™m led to believe that itâ™s simply in their genetics. Still, my heart went out to him. I immediately started looking for a book that would offer up some helpful advice. I found author Paul Sanders book, How to Stop Hair Loss and Male Pattern Baldness. I chose this particular read because I believed it would contain the type of information that he could use, and I was right on target. Quite naturally, I gave the book a thorough once-over before recommending it to him. There were quite a few good things working in its favor. Sanders brings 17 yearsâ™ worth of experience on the subject which to me, makes him quite qualified. In general, the background history of male hair loss and what to look for is fully covered. Another plus, the author was experiencing some problems with hair loss and immediately conducted studies on himself so that the condition didnâ™t worsen. Another advantage is that the book language is easy to follow and very candid. I also liked that there are a number of treatments offered up as solutions. Everything including the possible side effects and chances for growth success are included. Iâ™ve got my fingers crossed. I think that my brother in law could be on the verge of a hair break through with all of the information provided in this one read.

Great book! I have noticed my own hair line beginning to recede and wanted to find out about the PROVEN medical treatments available (none of that holistic crap that doesn't actually work). This book documents someone's use of Propecia, Minoxidil, and other treatments. I especially appreciate the writer's description of their experience with Propecia because it has a really negative reputation online, but as many doctors will tell you, can be quite effective.

I bought this for my boyfriend, not because I mind his hair loss, but because it has made him really depressed and lowered his self esteem :(But after reading this he is very optimistic and willing to give some of the medications and shampoos suggested a try. As the book says-you may not be able to grow hair, but you certainly can save what's left! And he's still got plenty of hair :)

stopped my hair loss! Impressive as I am Indian and come from a long line of bald men! Thank you!

great guide! BF is thinning and this is just what he needs/1

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