



## ***Hairapy Deeper than the Roots***

***Release Date: January 2007***

Softcover  
ISBN: 0-9777852-1-1, \$ 12.95

Available from  
[www.barnesandnoble.com](http://www.barnesandnoble.com)  
[www.amazon.com](http://www.amazon.com)  
[www.bordersstores.com](http://www.bordersstores.com)  
[www.hairapybook.com](http://www.hairapybook.com)

**Contact: Much and House Public Relations - Kristen Poelma**  
**Phone: 323-965-0852**  
**Email: [kpoelma@muchandhousepr.com](mailto:kpoelma@muchandhousepr.com)**

### **Hairstylist. Therapist. Hairapist. Hairapy!**

***Two decades of experience inspire this book of compassionate essays to enable transformation.***

Had you taken a seat in former L.A. hairstylist Michael Blomsterberg's chair, you'd have been sure to walk away with much more than gorgeous locks. His intuitive listening and Master Certified Life Coach experience account for his much-earned title of "Hairapist".

Wherever you are in life, Blomsterberg has been there. As a child, he survived physical and psychological abuse. Bulimarexia, drug and alcohol addiction, and bankruptcy inflicted his adolescence, while his adulthood has included the dissolution of a 12-year relationship and the survival of testicular cancer.

In his book, *Hairapy: Deeper than the Roots*, Blomsterberg employs humor and sharp insight to deliver tools for coping with life's trials. Chapter by chapter, he peels away at the reasons and methods we implement that prevent us from achieving our desires, while simultaneously delivering empowerment through self-acceptance and love.

Chapter topics, written with wit from Blomsterberg's experienced perspective, include the following:

- "Scales and What to Do with Them"
- "The Holidays? The Hellidays?"
- "You Have to DIE to DIE"
- "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 many more!

From the hairapist's chair to the life coach's couch, Blomsterberg has consistently encouraged his clients to seek fulfillment through *being* rather than *doing*. He writes from his philosophy that *we are all perfect, beautiful, and whole exactly as we are*. This concept is easily grasped with the insight found in *Hairapy: Deeper than the Roots*.

#### **About the Author:**

Michael Blomsterberg has been a professional hairapist for 23 years and has earned a 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 spouse, Rhett, in Southern California.