

## *Hairapy: Deeper than the Roots* Book Reviews

“*Hairapy: Deeper than the Roots* crawled inside the labyrinth of my mind and soul, took a scythe to the weeds, blew the fog away, and let the light back inside – something I could never find a way to do for myself, even through years of therapy. Like a kaleidoscope, it shifted the landscape and showed me “what if”. This book is a gift and an inspiration in my life. Through *Hairapy*, I now feel that I deserve and am worthy to accept this gift.”

– **Maureen Merriles**, *Paralegal*

“Through *Hairapy*, Michael has rejuvenated my life with a series of “re” words. He's helped me *refocus* my attention on the positive, *rekindle* my enthusiasm for life, and *recapture* my sense of childlike wonder. All without going anywhere near that other *re* word: *rehab*. How *refreshing!*”

– **Robert Marsh**, *Writer*

“*Hairapy* allowed my husband and I to establish a much deeper, richer, intimate relationship than we ever thought possible. My family now communicates from the realness in our hearts. *Hairapy* has become my “paperback psychologist”. It's a great read and a fresh and fun perspective on life.”

– **J. Braden**

“Reading *Hairapy* is like spending the evening with a dear friend who supports you, encourages you, accepts you, and inspires you to realize every fulfilling possibility in your life. Moreover, Michael Blomsterberg shows you how to be that friend to yourself.”

– **Christopher Showerman**, *Actor*

“I read *Hairapy* while I was going through some very tough treatments for HCV. The book worked synergistically with my treatments to give me the inner cleansing I needed. *Hairapy* truly helped me to unlock the past and move forward in my soul's journey.”

– **D. Peppers**

“Each chapter I read brought me to a deeper awareness of myself as I laughed out loud and experienced numerous “ah-ha!” moments. This book has shown me how to notice the gold nuggets of my life that are hiding in plain sight for me to pick up, enjoy, and add to my bank of awareness.”

– **Lori Valencour**, *Loan Officer*

“*Hairapy* touched the core of my being and began a profound transformation within me. It helped me to open many doors in my life. Many more continue to open still. I now live this book by accepting myself, celebrating my being, and living a life of openness.”

– **Clovis Ategeka**, *Founder and CEO of VisionForce Uganda*