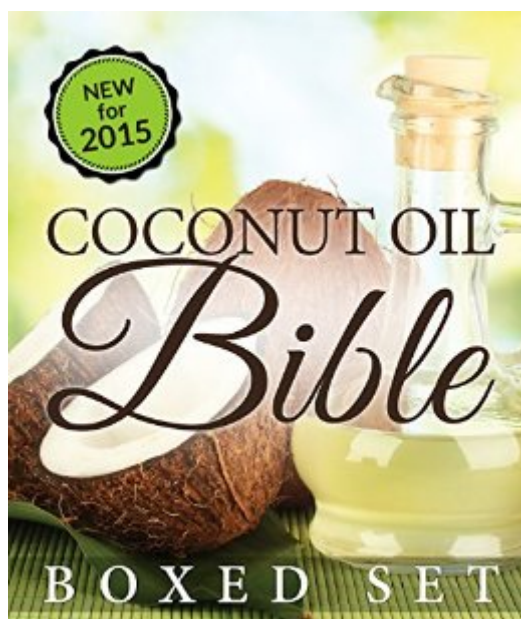


The book was found

# Coconut Oil Bible: (Boxed Set): Benefits, Remedies And Tips For Beauty And Weight Loss



## Synopsis

This boxed set offers you information on the types and history of coconut oil as well as internal and external uses for coconut oil.

## Book Information

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## Customer Reviews

I found the book Coconut Oil Bible to be extremely informative and useful. I really enjoyed the comparison of coconut oil to other oils, I enjoyed the step-by-step explanation of how coconut oil is made and used, and I really enjoyed the difference in learning what each type of coconut oil does. It fascinates me how coconut oil can be used for so many different things, many of which I would've never known about until I read this book! This book is a new favorite of mine on my iPhone Kindle and I will continue to reference that everyone I know for any ailment there is because, apparently coconut oil can help with everything!The book itself however is very well-written. It's very concise and very easy to read, while still featuring lots of support and good detail. I look forward to reading other books from this author as well and I would highly encourage anyone interested in learning more about coconut oil and it's natural remedies to read this book.

Before reading this book I had no idea what coconut oil was for/can do until now...I'm blown away with all that I have learned concerning coconut oil & it has so much info + quite a few recipes. I 101% recommend this book, trust me You will not regret it ; - )

This book is very detailed about the uses of Coconut oil. It begins with an explanation of the different types of coconut oil and what some of the descriptions actually mean. I found that very helpful. More useful information follows such as why it is good for weight loss or your skin or hair etc. It includes some really good ideas on uses and even includes a couple recipes. Definitely helpful for anyone interested in factual information about coconut oil. I received a discount on this product in exchange for an honest review.

For the last few months, I have been using coconut oil for various beauty purposes, when I stumbled across this gem last week. I found it very informative on all the different benefits and uses of coconut oil for health, beauty, and cooking. This format includes three separate eBooks, so it can be a bit repetitive at certain parts, but the information is very detailed and takes the confusion out of the terminology found on the jars of coconut oil. Two of the books include recipes for food, including the Coconut Banana Bread (one of my new favorite recipes), and lots of beauty recipes for the do-it-yourselfer. I enjoyed reading through all of the benefits of using coconut oil and I will continue to incorporate it into my daily life. I would strongly recommend this book to anyone looking for easy alternatives to their daily life to improve their overall wellness with minimal effort. I received this product in exchange for an honest review.

I enjoyed this free kindle ebook, but it was just too repetitive for my taste!

LOVE coconut oil! This book has so much information that I don't know how I lived without it. The fact that I can loan this to others through is a great option as well. People can get an idea of the book and fall in love with it. The author writes clearly and breaks it out into manageable pieces of information.

Good info but terribly executed. Reads like a brainstorming session and is in desperate need of editing. Lacked pictures (other than the same stock photos which are in each book) and diagrams. There are a few recipes I want to try. I received this book for free in exchange for my honest review.

This book is very poorly edited. Its missing words, conflicting statements/concepts, repetition, and overall lack of coherence caused me to discount most of its assertions. Good thing it was a free Kindle version. Otherwise, I'd want my money back.

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