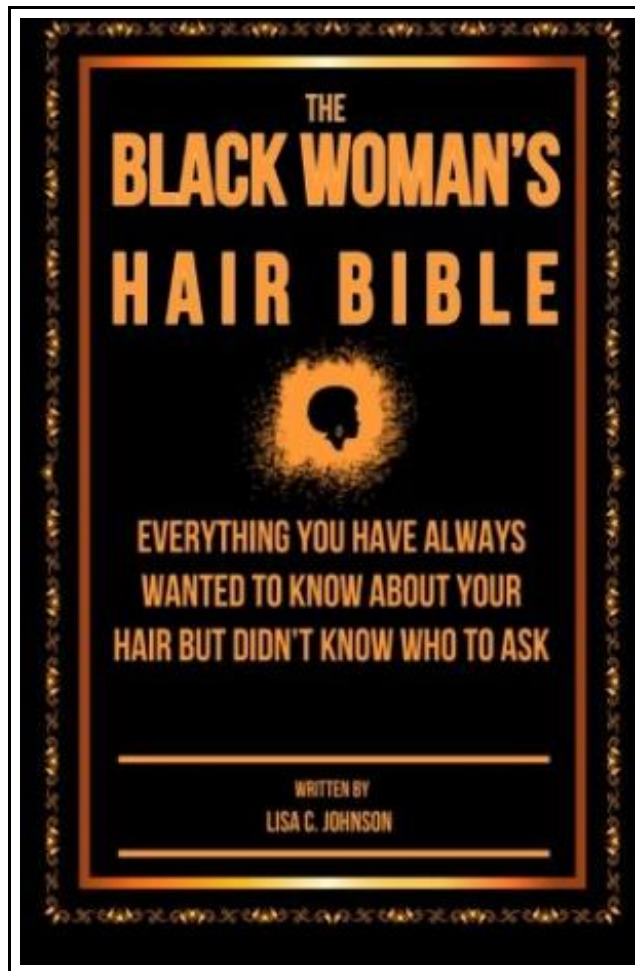


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(Amelia Roob DDS)

THE BLACK WOMAN S HAIR BIBLE: EVERYTHING YOU HAVE ALWAYS WANTED TO KNOW ABOUT YOUR HAIR BUT DIDN T KNOW WHO TO ASK (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The Black Woman s Hair Bible is the complete How-to on Black hair care and maintenance. Here is just some of what you will learn: Frustration-free hair maintenance.Tips on how to properly take care of your natural hair, relaxed hair or weave. The 13 things that stop you from getting longer hair and the 10 things you can do, starting today, to grow your hair longer (see page 106). BECOME YOUR OWN HAIR DOCTOR! A crash course in how your hair works including the topics of hair porosity hair elasticity and why it is important for you to know. (If you read only one chapter from this book, make sure this is it). Two super foods known by very few women that are fantastic for your hair (One of them is wheatgrass, the other is a plant native to northwestern India that has over 90 different nutrients -- find out what it is on page 177). The 13 keys to a successful transition to natural hair. One of keys is how to respond to negative comments about your natural hair from friends and family, find out what the other 12 keys are (see page 41). Step-by-Step instructions on the most effective ways to moisturize constantly dry hair including the L.O.C, L.C.O, L.C.S.O and Baggy methods. Do your hair faster -- Time saving tips you can use to make sure your wash day routine DOES NOT take the whole day. (see page 69) A Six-step visual guide to creating your own regimen (including a list of product recommendations that your hair will love -- see page 50). The 9 other reasons why you are experiencing breakage.Besides dry hair (see...



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