

CURLY GIRL THE HANDBOOK

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What are the cons of the Curly Girl Method?

Is the Curly Girl Method worth it? Who is the Curly Girl Method good for? Ashley says the method is great for those with all curly and coily hair types, and can even work for those with wavy hair, you just need to adjust the product you use. "By following this method, you will notice your curls/coils looking and feeling their best," she says.

What is the original Curly Girl Method? The Curly Girl Method is an approach to hair care designed by author Lorraine Massey for textured hair in its natural state (coils, waves, and curls) that has not been chemically relaxed. This method discourages the daily use of sulfate shampoo, which is considered too harsh for curly hair.

Is the Curly Girl Method a book? Beginning with The Curly Girl's Twelve-Step Program (Step Three: I will accept that the scalp and hair are two different entities with completely different needs, and I will treat them accordingly">, "Curly Girl: The Handbook" is an illustrated how-to, support group and tongue-in-cheek manifesto all in one.

Do you ever brush your hair with Curly Girl Method? The Curly Girl Handbook advises against any brushing at all, suggesting you should use your fingers to brush through your curls while wet with conditioner, so as not to damage your curl pattern.

Is Curly Girl Method outdated? The curly girl method is an outdated regimen for caring for curly and coily hair that is scientifically inaccurate. Instead, focus on prioritizing cleanliness, use ample water as moisture and set your styles using ambient heat.

What do you avoid for Curly Girl Method? What ingredients should you avoid using the CG Method? The ingredients you should avoid can be roughly divided into 4 groups; Sulphates, Alcohol, Silicones and Wax/Mineral Oils.

How long does it take to see results with Curly Girl Method? Some hair will transition in weeks. Some will take months or years. Focus on your hair not someone else's. Chances are, their pictures online are their best curly hair days, you just don't see the greasy, bun hair days!

Do you wash your hair everyday with Curly Girl Method? For curly hair textures, washing should take place once every 10 days with a co-wash once a week. For coily hair textures, Massey recommends cleansing as little as possible and opting for co-washes instead (which is a practice I've adopted).

What is plopping hair?

Why doesn't the Curly Girl Method work? Hair that is naturally fine or low-porosity may struggle to absorb excess moisture, leading to lackluster results or even damage. Balancing moisture levels is crucial, and a one-size-fits-all approach may not be suitable for everyone.

Is Olaplex Curly Girl Method approved? Olaplex no. 1 and 2 are not available to the consumer, but may only be performed by professional salons. No. 3 is for at home, which you can easily obtain and is fully approved according to the Curly Girl Method.

What is the curly girl rule? Co-washing is a shorthand for the most central element of the Curly Girl Method, which involves ditching shampoo altogether and only washing with Curly Girl-approved conditioners. Curly Girl-approved conditioners are free of sulfates, drying alcohols, silicones, waxes, and non-natural oils.

What is the best conditioner for the Curly Girl Method? Alberto VO5 conditioners are considered by many in the Curly Girl Method groups to be their holy grail conditioner: they provide consistent results for a very reasonable price. Sometimes, you can even find Alberto VO5 products in your local dollar store!

Does CGM damage hair? As we've noted throughout this blog post, CGM in itself is not the driver of hair loss, however the process of undoing, unlearning and relearning can. This can be a natural byproduct as an artificial layer is removed from your hair and you progress on a journey to improve the overall condition of your natural curls.

Do you scrunch before plopping? After I make sure all of the product is absorbed in my hair, I get ready to "plop" my hair. Scrunching my hair helps to make sure the product is thoroughly applied and reinforces the curls. Plopping is essentially what it sounds like: Taking your hair and plopping it on top of your head to keep your curls intact.

Should you scrunch curly hair? The Benefits of Scrunching Enhances Natural Texture: Scrunching begins with wet, product-saturated hair, which helps the natural curl pattern separate. Increases Volume: Gently squeezing and cupping the hair at the root relies on the hair's natural body and separation for bounce and height.

How to scrunch out the crunch?

Does curly hair stay curly with age? As you get older, your curls may drop, loosen, or even form new curl patterns due to hormonal changes, like menopause. Environmental factors such as gravity, climate, and pollution also play a part. The thinner and weaker your aging curly hair is, the less likely it is to actually curl.

Should I scrunch upside down? LEAN with your ear parallel to the floor while applying your products side to side and when scrunching. You can even do some more scrunching upside-down, which will also pull your roots away from your head and will help your curl pattern start closer to the roots in your finished style.

Why is curly hair attractive on guys? Long curly hair is a popular hairstyle for men because it can add volume & texture to a man's hair. Long curly hair can also make a man's face look more handsome. A long curly haircut can also make a man look younger and more stylish.

What is the test-driven approach in Agile? Approach: TDD is an agile development methodology where tests are written before the code is developed. In contrast, traditional testing is performed after the code is written.

What is behaviour-driven development in Agile? Behavior-driven development (BDD) is an Agile software development methodology in which an application is documented and designed around the behavior a user expects to experience when interacting with it.

What is the behavior driven testing approach? On the other hand, Behavior-Driven Testing (BDD) is a team methodology that involves creating automated specifications. These specifications are typically written collaboratively by users, testers, and developers to ensure the code under test meets desired behaviors and requirements.

What is the BDD tool? BDD is an approach in software development that emphasizes the behavior of an application for business needs. It was conceived to address issues arising from ill-defined requirement specifications and to align business and QA professionals.

What is agile test management? In agile test management, self-organizing teams are given the power to take charge of their testing operations. The managers support the members of the team in setting priorities, making decisions, and working together productively without micromanaging.

What is the main difference between test-driven development and behaviour-driven development? The key difference is the scope. TDD is a development practice while BDD is a team methodology. In TDD, the developers write the tests while in BDD the automated specifications are created by users or testers (with developers wiring them to the code under test.)

What are the three principles of BDD?

What are the three phases of BDD? The BDD process moves through three phases—discovery, formulation, and automation—where the acceptance criteria are transformed into acceptance tests that are later automated.

Are BDD and Cucumber the same? Cucumber is a tool that supports Behaviour-Driven Development(BDD). If you're new to Behaviour-Driven Development read our BDD introduction first.

What is behavioral testing with example? What is an example of a behavioral test? Behavioral testing comes in various forms, including written personality assessments and structured interviews. Assessments are useful for learning a person's traits, values, and personality, and interviews are great for prompting open-ended responses for a deep dive.

What are the three different testing approaches?

How to implement BDD testing?

Should I use BDD or TDD? If the system actions are end-user oriented, BDD may be the most appropriate approach. On the other hand, if the project involves more complex technical aspects, such as calls to third-party APIs or internal processes, TDD may be the more suitable option.

What is BDD example? BDD with Gherkin syntax Some of the most prominent examples of behavior-driven development with Gherkin syntax are used with the following keywords: Feature: It is used to describe a software feature. Scenario: This denotes the behavior of the system.

Is Selenium a BDD tool? Selenium is a testing framework, while cucumber is a Behavior Driven Development (BDD) tool. Selenium is a tool for automating scenarios at the UI layer and checking the behavior of the system as a whole.

What is Agile testing tool? Agile testing is a software testing practice that follows the Agile software development methodology. In Agile development, projects tend to evolve during each sprint among collaborators and shareholders. Agile testing focuses on ensuring quality throughout the Agile software development process.

What is an example of Agile? Examples of Agile Methodology. The most popular and common examples are Scrum, eXtreme Programming (XP), Feature Driven Development (FDD), Dynamic Systems Development Method (DSDM), Adaptive Software Development (ASD), Crystal, and Lean Software Development (LSD). Teams generally pick one or two methods.

What is agile testing with an example? Agile testing is software testing that follows the best practices of the Agile development framework. Agile development takes an

incremental approach to development. Similarly, Agile testing includes an incremental approach to testing. In this type of software testing, features are tested as they are developed.

What is the difference between BDD and scrum? In Scrum, we develop features based on User Stories, which contain a simple description of the desired functionality. BDD takes the User Stories and translates them into scenarios using the Gherkin language, which provides a clear criterion of acceptance and understanding of when a story is "done."

What is the BDD methodology? Behavior-driven development (BDD) involves naming software tests using domain language to describe the behavior of the code. BDD involves use of a domain-specific language (DSL) using natural-language constructs (e.g., English-like sentences) that can express the behavior and the expected outcomes.

What is TDD, BDD, and DDD? TDD specifies how to write tests and code, focused on quality and design. BDD specifies how to elicit and implement requirements by capturing behavior. DDD specifies how to structure complex domains by intelligently modeling them.

What is the cardinal rule of BDD? The cardinal rule of BDD is a one-to-one rule: One scenario should cover exactly one single, independent behavior.

What is the cucumber method in agile? DevOps Tool – Cucumber is a tool based on Behavior Driven Development (BDD) framework which is used to write acceptance tests for web application. It allows automation of functional validation in easily readable and understandable format (like plain English) to Business Analysts, Developers, Testers, etc.

What is the BDD life cycle? Behavior-Driven Development (BDD) Life Cycle Run and fail the tests –Develop and run the test cases. Apply code update –Refactor it according to the requirement. Run and pass the tests –Run the updated code and pass the test cases.

Which language is usually used in BDD? Gherkin is the domain-specific language for writing behavior scenarios. It is a simple programming language, and its "code" is

written into feature files (text files with a “. feature” extension). The official Gherkin language standard is maintained by Cucumber, one of the most prevalent BDD automation frameworks.

What are BDD scenarios? Test scenarios in BDD are based on the concept of “given, when, then” to describe various user BDD scenarios. Test cases written so, in simple text, help even non-technical team members to understand what is going on in the software project, with or without a test management tool.

Is Cucumber BDD or TDD? Cucumber testing is a behavior-driven development (BDD) testing approach that utilizes the Cucumber tool to define, automate, and execute test cases in a format that is easily understandable by both technical and non-technical stakeholders.

What is an example of a TDD approach? TDD focuses on writing and conducting unit tests before developers begin writing code. BDD focuses on testing the end-user behavior. If you want to understand the differences between Test-driven development vs behavior-driven development, a good example is to imagine that you want to get from Miami to Orlando.

What are the three agile disciplines of TDD? “Test-driven development” refers to a style of programming in which three activities are tightly interwoven: coding, testing (in the form of writing unit tests), and design (in the form of refactoring).

What is the test strategy in agile? In Agile development, testing needs to happen early and often. So, instead of waiting for development to be finished before testing begins, testing happens continuously as features are added. This is also referred to as “shift left” testing. Tests are prioritized just like user stories.

What is the test and learn approach in agile? Simply put – Test and Learn is set of Agile practices that allows a business to test with real customers, real products, to understand impacts on experience and productivity. From there, you learn what needs to be improved. And you do it again and again.

What is TDD in simple terms? Test-driven development (TDD), also called test-driven design, is a software programming method that interlaces unit testing, programming and refactoring on source code. The primary aims of TDD are to help

teams accelerate development and deliver better-quality software.

What are the two types of TDD?

What are the three steps when using TDD? TDD's iterative process is a simple cycle: test, code, and refactor. These three steps repeat for each new feature until development is complete.

How is TDD different from agile? Agile software is developed in short iterations or sprints, and each sprint must deliver working software that meets the customer's requirements. TDD helps achieve this goal by providing developers with a safety net of automated tests, ensuring that any changes made to the code do not break existing functionality.

What is the TDD life cycle? Five steps of test-driven development There are 5 steps in the TDD flow: Read, understand, and process the feature or bug request. Translate the requirement by writing a unit test. If you have hot reloading set up, the unit test will run and fail as no code is implemented yet.

Is TDD part of Scrum? Scrum Alliance defines TDD as an approach to writing code that keeps development goals short and well-defined and the end product modular and flexible. Since agile is all about shorter, more iterative and flexible ways of working, TDD is a practice that is incorporated by many software development agile teams.

How do you manage testing in agile?

What is agile testing in simple words? Agile testing is a software development practice that promotes frequent, automated testing of new code as it is completed and stipulates that defects should be fixed as soon as they are found.

What is the main goal of agile testing? Agile testing is important because it helps to ensure that software meets the needs of the customer. Agile teams work closely with customers to get feedback at each iteration. This helps to ensure that the software is constantly improving. Agile testing also helps to find defects early in the development process.

What is agile test plan? An Agile test plan is a comprehensive strategy for testing software applications, designed to ensure quality and reduce defects by promoting continuous testing throughout the development cycle.

What is test first in agile? The Test-First Approach came to known as Test-First Development or TDD. It is a built-in quality method used in Extreme Programming methodology where developers write the unit tests before writing the production code. So, instead of the conventional practice of writing tests, you start your work with a unit test.

What is the agile testing strategy? An agile testing strategy is a comprehensive approach to software testing within the software development lifecycle. As part of this strategy, testers collaborate with customers, end users, and teams across the development pipeline to meet quality assurance objectives in the most optimal way.

Who wrote principles of neural science? First published in 1981 by Elsevier, Principles of Neural Science is an influential neuroscience textbook edited by Columbia University professors Eric R. Kandel, James H. Schwartz, and Thomas M. Jessell.

Who is the father of neural science? Santiago Ramón y Cajal (1852-1934) was a Spanish scientist who received the Nobel Prize in Physiology or Medicine in 1906 for his work on the nervous system.

What is the principle of neural doctrine? The neuron doctrine states that the basic signaling unit of the nervous system are separate discrete cells with processes arising out of the cell body. Neurons can be divided into many different classifications based on the number of processes arising from the cell body.

Who is the godfather of neuroscience? "The Beautiful Brain" at NYU's Grey Art Gallery features the drawings of the Spanish artist and scientist Santiago Ramón y Cajal (1852–1934). Known as the father modern neuroscience, Cajal is credited with discovering intricate functions of the brain long before the benefits of modern medical imaging.

Who is the god father of neural networks? He was the first winner of the Rumelhart Prize in 2001. His certificate of election for the Royal Society reads:

CURLY GIRL THE HANDBOOK

Geoffrey E. Hinton is internationally known for his work on artificial neural nets, especially how they can be designed to learn without the aid of a human teacher.

Who is the first neuroscientist in the world? Cajal is considered the founder of modern neuroscience. Historians have ranked him alongside Darwin and Pasteur as one of the greatest biologists of the 19th century and among Copernicus, Galileo and Newton as one of the greatest scientists of all time.

What did Cajal believe about neurons? Ramón y Cajal suggested that neural bodies are not connected with a continuous network of axons and dendrites. Rather, neural bodies function independently of one another with gaps in between. Those gaps, later known as synapses, discredited the reticular theory and influenced the formation of the neuron doctrine.

Is neuron doctrine correct? The Neuron Doctrine holds that the neuron is the fundamental unit anatomically. With the exception of gap or electronic junctions between neurons, the Neuron Doctrine is anatomically true. However, it appears that gap or electronic junctions in mammalian central nervous system cannot be ignored or dismissed [89].

What are the four tenets of the neuron doctrine? We will organize the discussion around the four tenets originally put forward by Waldeyer: that the neuron is the anatomical, physiological, genetic, and metabolic unit of the nervous system.

Is Headspace meditation or mindfulness? Headspace is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day. Care for your mental health in three minutes a day.

What is the Headspace Guide to meditation and mindfulness about? The Headspace Guide to Meditation & Mindfulness This is a book about meditation. But not as you know it. There's no chanting, no sitting cross-legged and no need for scented candles. Andy Puddicombe, Co-founder of Headspace, shows you how just ten minutes' meditation each day can change your life.

What type of meditation does Headspace use? Headspace combines techniques from both calming and insight meditation.

What is the connection between mindfulness and meditation? Mindfulness and meditation both require a heightened sense of awareness and staying present in the moment. The two can prove to be highly beneficial for your physical, mental, and emotional well-being, and each can facilitate a sense of calm, inner peace, and gratitude.

What are the negatives of Headspace? One of the Headspace app's biggest downsides is that you have access to a free trial only after signing up for a paid plan. In many cases, subscriptions renew without warning. Unresponsive customer service. Users report the company's customer service can be very slow to respond.

Is mindfulness better than meditation? Moreover, a solid meditation practice can help you feel better and be more mindful long after your session is over. But that doesn't mean that meditation is necessarily superior to mindfulness. "Mindfulness can do the same thing, but it's not a set formal practice," Kristin explains.

Why is Headspace so good? The sessions are designed to not only give you a few minutes of rest, but to help you recharge and reassess, using varying meditation courses designed to help ease your mind, refocus your thoughts, and give you a little peace of mind. Headspace's library of content is designed to work around real-life experiences.

Can you meditate lying down Headspace? Can I meditate lying down? We generally recommend sitting instead of lying down. However, if it's too painful or uncomfortable to sit upright, you're OK lying down. Try placing a thin pillow under your head and bending your knees so your feet are flat on the floor.

Is there a free version of Headspace? While Headspace has advanced courses, none of the meditations are over 30 minutes. Experienced practitioners may be better off with other meditation apps. Unfortunately, Headspace doesn't offer any free content, but a free trial is offered with a subscription.

Is Headspace Buddhist? After leaving the monastery with a desire to make meditation more mainstream, Andy arrived in London, which is where Headspace was first born, delivering meditations and teachings rooted in both the Burmese and Tibetan Buddhist traditions, while remaining true to the lineage that first inspired the

app.

What is the main focus of Headspace? If you're a young person aged between 12-25 years, headspace provides a range of services to improve your health and wellbeing. Our services cover four core areas: mental health and wellbeing, physical and sexual health, work and study support, and alcohol and other drug services.

Why calm is better than Headspace? Headspace may be a better choice for beginners and people looking for an app that offers plenty of quick meditations for folks who are short on time. Although it costs more, Calm may be a better fit for those with some meditation experience or advanced meditators, as it has less structure.

What happens to the brain during mindfulness meditation? While research on mindfulness meditation is still in the early stages, some small, initial studies have found that over time mindfulness meditation may lead to increases in gray matter density in the hippocampus and other frontal regions of the brain as well as increases in anterior insula and cortical thickness.

When not to use mindfulness? Are the exercises safe for me to do? Some may involve sitting still for long periods of time and focusing on your breath, which might not be suitable for everyone. For example, if you have mobility issues or breathing problems. Talk to your GP or a trained mindfulness teacher if you have any concerns.

Can you practice mindfulness without meditation? Practice Mindfulness without meditating by Mindful participation in an activity. Any activity can be done mindfully. Coloring, cooking, washing dishes, folding laundry and playing solitaire are all examples of activities that you can practicing focusing your full attention on.

How to meditate properly?

Is headspace good for anxiety? Start a meditation practice with Headspace. And with a regular meditation practice, we increase our ability to manage anxiety. Studies show when it becomes a habit, meditation helps us develop the skills to better manage anxiety and stress, and cultivate peace of mind.

What is the main goal of headspace? support young people to be mentally healthy in their communities and. actively contribute to and shape the whole of mental health system reforms needed to achieve better outcomes for them.

What is more powerful than meditation? In short, meditation offers a variety of tools in a big toolbox, some involving breath. Breathwork, on the other hand, is a super-focused approach to your breath, using specific techniques or breathing patterns for specific goals.

What is mindfulness not good for? Although not all mindfulness practice involves formal meditation, there are a number of published examples of meditation leading to negative outcomes such as anxiety, depersonalization, and depression. One published report found that 25 percent of meditators experienced unwanted effects, most of which were transitory.

Is there anything better than meditation? 4. Cloud gazing. For those who benefit from having something outside of themselves to focus on, cloud gazing can be an appealing alternative to meditation. Cloud gazing draws us outside, which has documented mental health benefits, while amorphous, softly shifting clouds give the attention something calming to focus on ...

What type of therapy is Headspace? Headspace Care is a mobile app that offers confidential mental healthcare through behavioral health coaching via text-based chats, skill-building resources, and video-based therapy and psychiatry. Support is available anytime, anywhere for whatever you are going through — all from the privacy of your smartphone.

Does meditation count as mindfulness? Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Is it practice mindfulness or meditation?

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uncomfortable to sit upright, you're OK lying down. Try placing a thin pillow under your head and bending your knees so your feet are flat on the floor.

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