

## BIBLIOGRAPHY

Comprehensive research sources and recommended reading

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### Sources & References

This comprehensive bibliography contains all the research sources, expert interviews, industry publications, and recommended reading materials that informed the creation of *Curls & Contemplation*. These resources provide additional depth and context for readers seeking to expand their knowledge and understanding of conscious hairstyling practices.

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3. Allure. "Kim Kimble: Celebrating Natural Hair." 2018. <https://www.allure.com/story/kim-kimble-interview>.
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7. American Psychological Association. "The Importance of Setting Boundaries for Mental Health." 2020. Accessed March 8, 2025. <https://www.apa.org>.

8. American Psychological Association. "Building Resilience: How to Bounce Back." 2019. Accessed March 8, 2025. <https://www.apa.org/topics/resilience>.
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  10. American Salon. "Jayne Matthews on Small-Group Networking." n.d. Accessed March 8, 2025. <https://www.americansalon.com>.
  11. American Salon. "How to Prepare for a Master Portfolio Review." 2022. Accessed March 8, 2025. <https://www.americansalon.com>.
  12. Atkin, Jennifer. *Blowing My Way to the Top: How to Break the Rules, Find Your Purpose, and Create the Life and Career You Deserve*. New York: Harper Wave, 2020.
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  15. Bandura, Albert. *Self-Efficacy: The Exercise of Control*. New York: Worth Publishers, 1997. Accessed March 8, 2025. <https://www.uky.edu/~eushe2/Bandura/Bandura1997EP.pdf>.
- Continued Learning

This bibliography represents just the beginning of your research journey. The beauty industry evolves rapidly, and staying current with new publications, research studies, and industry innovations is essential for continued growth. Consider these sources as starting points for deeper exploration of topics that resonate with your professional development goals.

## Research Standards

All sources have been carefully selected for their credibility, relevance, and contribution to the advancement of professional hairstyling practices. URLs were accessible as of publication date and may require updated access methods for continued availability.

"The more that you read, the more things you will know.  
The more that you learn, the more places you'll go."

- Dr. Seuss