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# How to grow waist length hair

## by

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About the Author

I was born in Orlando, Florida in the Summer of 1989. My parents raised me to believe that with God, ALL things are possible. Whenever there was a sense of doubt that I couldn't do something, my parents was always there to encourage me and telling me otherwise.

It is because of this solid support system that I am the optimistic woman I am today. Achieving goals has become a lifestyle to me. I embrace challenge and I embrace success. If I want something, I go for it and I don't stop until I get there.

It is because of this mindset I was able to achieve hair longer than anyone in my family.

I was always interested in my hair but I never believed that my hair could grow passed my shoulders. It wasn't until I was super bored with the same old hair that I was desperate for a change. In 2009, I made my decision. I told my parents that I was going to cut my hair in a bob. They both looked at me like I lost my mind and said no.

Like any young person I pouted and got upset. Thinking to myself that this is my life and I can do with it whatever I want. But of course my parents raised me to have more respect than that. After thinking for a moment I told them as sassy as I could, "Fine! Since you won't let me cut it, then I will grow it long!" Neither one opposed.

I then ended my pouting session, jumped on the desktop to immediately do research. I didn't know any black person who had achieved long hair and had no idea how to do it myself. While sitting at the computer, I said a prayer to God, asking him to show me how to grow long hair.

It wasn't too long before I found a Youtuber who had managed to grow her relaxed hair down her back. I couldn't believe it! It really was possible! I had to know EXACTLY what she did to get her hair like that. I had to do EXACTLY what she did.

After binge watching her videos, I came across a hair forum with a wealth of healthy hair care knowledge. God had answered my prayers. I was going to grow long hair.

Now, 7 years, 52,000 subscribers, and over 6 million views later, I am now considered a hair guru and am ready to teach you how to grow Waist Length hair!

Introduction

For the many years that I have been a part of the healthy hair community, the number 1 question I have had to come across is, "How Do I get my hair to grow?" When asked how long they were trying to grow their hair, the number one answer was "waist length."

 I often times asked myself, "Why do so many ladies dream of that particular length? Why not Shoulder Length, or Hip length? Why Waist Length?"

   I have still yet to understand why, but I do know that I had the honor of growing my very own strands down my back and know how great it feels. Maybe this is the reason. Many of us dream of having the long flowing hair touching our backs and waist length just seems to be that perfect length where we just feel satisfied with our entire backs covered.

Once I achieved Waist length hair, I decided to make a video answering the very basic questions on how to achieve what I had. I noticed that A LOT of the community wasn't following the basics of healthy hair care, but looking for super fast results.

Although achieving fast results is very possible, many ladies were just missing the point. Its not about super long hair in a bottle but about creating the correct foundation for healthy hair growth. Once the foundation is established, hair growth just seems to flow right thru.

This book is going to teach you how to establish that foundation. I am going to give you my top 10 tips that I used to grow waist length hair.

Chapter 1 Say Goodbye to Bad Habits

There is a famous saying going around that states, "If you keep doing what you've always done, you’ll keep getting what you've always got." If one is serious about growing their hair to waist length, and have yet to reach that goal, it is time for them to change their habits.

One of the main reasons why people can't grow their hair is because they are practicing bad hair habits. What are bad hair habits? Well one would be applying things that will hurt the hair, such as excessive heat, chemicals, fine tooth combs, and rubber bands.

When I was first trying to grow my hair, I wanted to make sure that I wasn't harming it. It broke my heart when I realized that flat ironing my hair every other morning was frying the life out of it.  That curling my braids to give it a little extra personality was breaking it til there was almost nothing left.

It was so hard to not only stop applying heat, but washing my hair more frequently than once a month. Do you know how much work washing my hair is? And you want me to do it 3xs a week? Maaaaan!! But I was serious about growing my hair, and if you are reading this book, then you are too.

-Stop Using Excessive Heat-

Believe it or not, many ladies have the biggest trouble with letting go of the flat iron and it is that main reason why they are not seeing results.

Applying direct heat to your strands often is seriously damaging to our hair. It strips our strands of its moisture, drying it out so bad causing our ends to split and our hair to break off.

It also Take it from