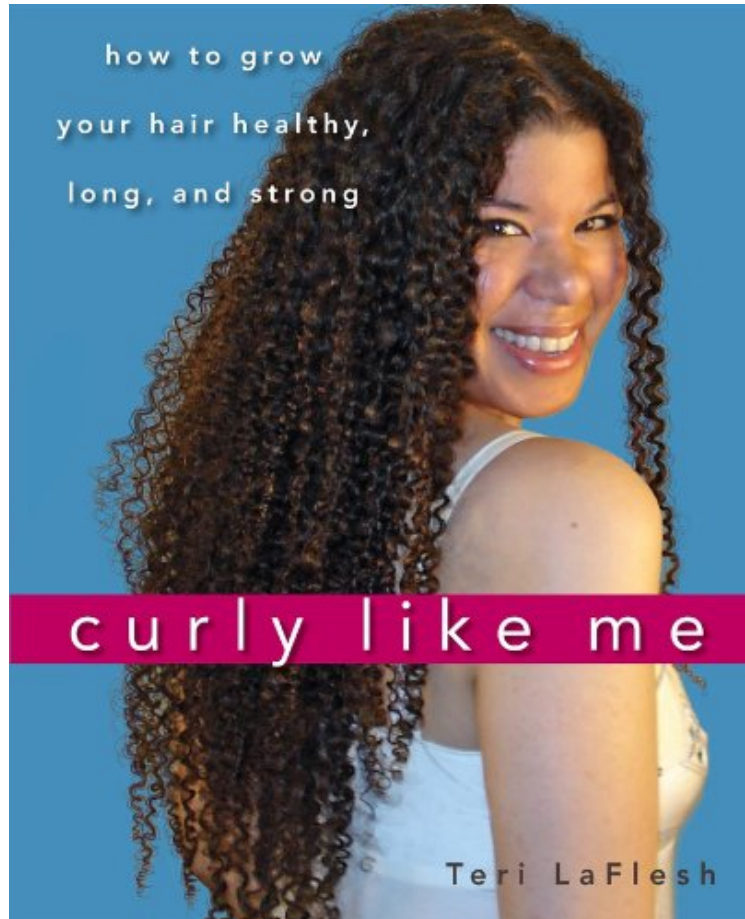


(Get free) Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong

Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong

Teri LaFlesh

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Teri LaFlesh : Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong before purchasing it in order to gage whether or not it would be worth my time, and all praised Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong:

6 of 6 people found the following review helpful. Very Informative!By R. G. PickeringMy granddaughter has very curly hair. I was so frustrating, trying to brush it, that I went online to see "how to brush curly hair". Much to my happy surprise, I came across the website of the author of this book. The website was very informative, so when I saw her book, for sale through , I bought two copies - one for me and one for her mother (who also has very curly hair - but I don't remember having this problem with it).I read the first half of the book in two evenings and the next day I washed and combed Amanda's hair (age 7). It was relatively easy and her hair has been soft ever since.It will take me awhile to digest all of the book, but the most important part I'm becoming skilled on. Now I feel much more comfortable taking care of Amanda's hair. And SHE feels much more comfortable, too!3 of 3 people found the

following review helpful. a lot of good info in thereBy Customer a lot of good info in there. if you are just starting out on your hair journey , these is a good way to set a foundation. I have been generally using the method highlighted in this book (i.e. conditioner as styling agent) and have had great success. I do have a similar hair pattern to the author which I think could be a factor. Using this method, I am able to get 2-4 days worth out of a wash n go.4 of 4 people found the following review helpful. will be as long and beautiful as Teri's hairBy HamstWorks on my hair. I am not bi-racial, however, when I cut off all of my relaxer I had no clue on how to style my hair. My natural hair was very frizzy for about 2-3 months out from my bc, until I read this book I was really considering going back to a relaxer. My hair is not nearly as long as the authors hair, but the results I received from her advice I can live with. The advice she gave in her book has allowed me to develop a regime that suits my schedule. I redo my hair once a week and I find it very relaxing. My hope is, with patience and time, my hair and the texture I have, will be as long and beautiful as Teri's hair. Thanks for the book!

The simple secrets to growing your curls healthy and long.Tightly curly hair isn't like any other type of hair, and it needs totally different care to make it happy.Do you spend countless hoursand untold dollarson weaves, perms, salon visits, and products that promise to change, heal, or make your hair more manageable, only to end up even more frustrated? Do you wrestle daily with hair you can't get a brush through? Do you struggle to keep from hurting your child when you comb through her tight curls? Do you struggle to grow your tightly curly hair long and healthy?If you answered yes to any of these questions, this book was written for you. It gives you the information and techniques you need to celebratenot fight againstyour very curly hair. You will learn how not only to care for your curls, but to cherish them, all the while saving time, effort, and money.Curly Like Me is the off-the-grid, do-it-yourself owner's manual for tightly curly hair:Learn how to wear your own curls in their natural curl patternsOver 250 photographs and illustrationsIncludes the best products, tools, ingredients, curl-enhancing hairstyle ideas, tips for growing out your perm, and moreShows you pain-free techniques on how to comb and style your curls or your child's curlsOver thirty easy, curl-enhancing hairstyle ideas, tips for growing out your perm, and moreHelps you save money by avoiding costly treatments, products, marketing misinformation, and frequent salon visits so you can enjoy your own curls without pain, chemicals, or the use of weaves or extensionsThe story (with lots of photos) of Teri's journey from hair broken by relaxers, texturizers, improper care, trying to force it to conform, and fighting her weave addiction to finally understanding her own curls. Now her natural hair reaches to her hips.End your struggles with misunderstood, damaged hair and begin your journey to thriving natural curls. Applying the ideas and information in this book will show you how to love your hair the way it really is. Curly Like Me empowers you to take back the care of your hair so you can let your own beautiful curls shine.Teri LaFlesh spent nearly thirty years working to find a way to make her curls happy. Not wanting anyone else to go through with their hair what she did with hers inspired Teri to create the popular Web site TightlyCurly.com and to write Curly Like Me.

* LaFlesh, who maintains the popular web site tightlycurly.com, has resplendent, long curls on the cover of this informative and inspiring book for people whose hair texture is tightly curled or coiled. But as her photographic hair journey depicts, this was not always the case. She discusses the damaging hair-styling practices that she used in her quest for manageable hair, sprinkling her book with humorous anecdotes. Through research and trial and error, LaFlesh discovered a hair-care regime that works with her natural curliness, and the result is beautiful, healthy hair. She offers readers practical advice on proper tools, products, and styling techniques, avoiding caustic chemicals and heat. LaFlesh's tips on styling biracial children's hair will be a godsend to their parents. There is also a technical section on hair structure. VERDICT The styling methods may not work for everyone, given the variance of textured hair, but this good introduction to holistic hair care will be embraced by the novice as well as the hair obsessed. Pair it with Paula Begoun's Don't Go Shopping for Hair-Care Products Without Me for a well-rounded beauty and grooming collection.Ajoke Kokodoko, Oakland P.L. (Library Journal, May 1, 2010)