



The Knotty Truth

*Managing Tightly Coiled Hair At Home
DIY Survival Guide*

M. Michele George



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The Knotty Truth: Managing Tightly Coiled Hair at Home: DIY Survival Guide



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The Knotty Truth is a chance to embrace the physical and mental journey of going natural. It's about so much more than locks: this book gives a voice to females with extremely coiled hair and the complexities of transitioning from calm to natural hair by explaining the foundation and economics behind natural hair in the wonder industry.



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How to book for organic hair care I am natural for a couple of years, so I thought We was doing what was best for my locks. If you are on the fence, this is the book to get. Highly recommend. Stay away from any items containing petroleum, stick to plant based products. I truly just like the natural strategy - she has a great chart on the different chemicals that have a poor impact on natural hair. After reading this reserve I discovered that the locks products I have been using wasn't best for my hair. It's not the same as other natural locks books that I've read because it's less about how exactly to go normal and more about WHY. The author's voice throughout the book is a bit too radical for my taste. It gives great tips about how to do your locks and products and ingredients that help keep the hair moisturized so that it won't suffer from breakage. Very uplifting. It Wasn't What I Expected It To Be The book was extremely thin and short. Visit us at [naturalover40](#). Keep carefully the positive natural locks vibe going! Strongly suggested.[blogspot.com](#) informative aand readable Love this publication. Its readable, very helpful. She also lists different essential natural oils that benifit us. Great publication for transitioning to natural hair This is an absolute must have for transitioning to Organic hair, Iam finding this book to be very useful in my own transition. My only complaint is usually that the images aren't in colour, besides that this book is a good buy for anybody who's transitioning to getting natural. It's like a spiritual journey about accepting and then adoring the "you" that was made. In case you are contemplating heading natural or when you have already begun your transition understand this book it really will help. Five Stars great ideas Awesome I came across this book to be superb. I've been natural for a long time therefore i didn't want or want emphasis on transitioning. I got an abundance of excellent details that I will refer to frequently: thanks! It's completely amazing! Not what I expected The print is too much to read. Many thanks, book was in good shape, The book was filled with knowledge, and I'll share with others . I found the book to be extremely informative I would recommend it to anyone who's natural or transitioning from relaxed locks to natural. The guidelines incorporated with this book are very helpful. I do wish that the images were bigger, and in color; Also still, this is an excellent publication for learning the basics of taking care of all natural black hair! Another thing I would have liked to observe were some recipes for all natural home-made deep conditioner instead of promoting simply all organic shampoos and conditoners. especially the ones showing locks types. Its super useful - has a large amount of tid bits - great ideas. I'm still researching.Thanks a lot you Informative If you are considering returning normal or have been natural but not sure how to take care of your tresses, that is a great place to begin. THE WRITER is knowledgeable and reputable. She's not only the author but methods what she writes about. Rather than moisturzing and conditioning my hair it had been only coating the surface of my locks, which is why my hair was frequently dry. Nothing new I'm waiting around for a surprising rvelation or a way to grow my fragile kinky hair. However, I just didn't like her composing style. I'll keep my beaufiul natural hair. I ordered this publication with some reluctance, and finished up loving it! I've bought a different item that better acts my needs. Thank you. Part encouragement, part manifesto. It's empowering and encourages us that natural hair is definitely our birthright and is normally beautiful. I liked the idea of learning to care for my own hair. This reserve offered me no help. A lot of the details in the book can be found on social discussion boards and viewed on Youtube. The best book on black hair treatment is Audrey Sivasothy's publication, "The Science of Black Hair". Believe me when I say that Mrs. Sivasothy's reserve is like the bible for black hair care. Super Informative! Very well written too!



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