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# THE BLACK WOMAN'S GUIDE

*To Beautiful, Healthier Hair*  
In 6 Weeks!

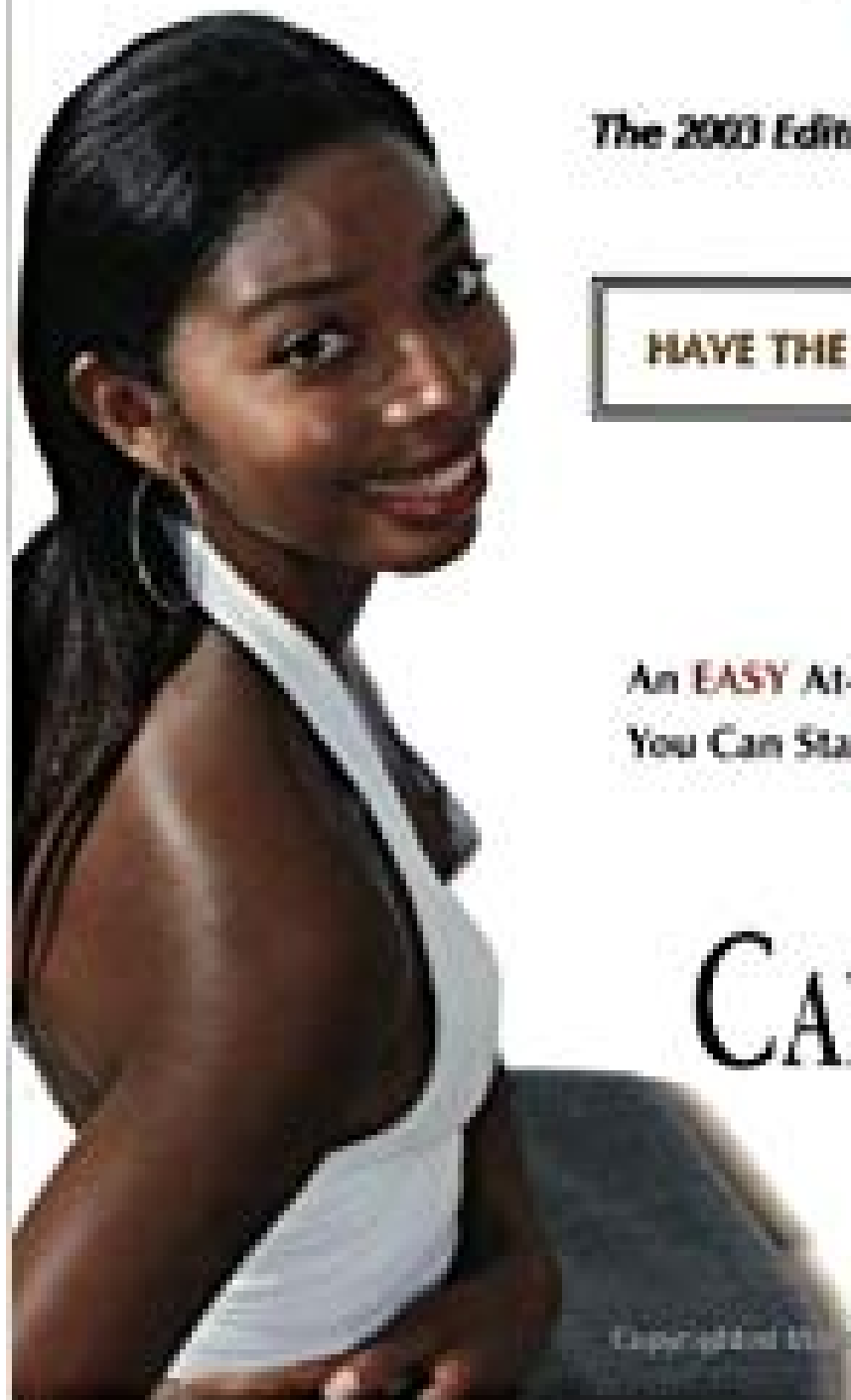
The 2003 Edition

HAVE THE HAIR OF YOUR DREAMS!

An **EASY** At-Home Regimen  
You Can Start **TODAY!**

CAROLYN GRAY

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Carolyn Gray

The Black Womans Guide To Beautiful, Healthier Hair In 6 Weeks! The  
2003 Edition



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Best publication for relaxed locks without issue!! Carolyn discusses, in complete fashion, items she uses, has utilized, doesn't or no more uses, why, and how they did or didn't help her. Back in 2002 nearly every book about hair was written for non-black women, and the suggestions not only didn't apply but would help to make things even worse. But while in college, I started braiding my hair to save myself time and work. I cut off all the processed locks and just kept braiding my hair for a little more than 24 months. But I was choosing broke. Hair I by no means thought possible for me. It had been long (well previous my shoulders) thick, aircraft black, bouncy and healthy.. Yes, I have been informed a million instances that heat isn't good for your hair. Limp, weak and incredibly damaged. I visited numerous hairdressers each providing me a different cause and treatment plan (as a science major I recognized a lot of it was non-sense). I say usually do not buy this book, there is hardly anything said you probably don't already know. Informative I read this book a while ago and I learned a whole lot from it. I DO NOT USE A SOLID Proteins TREATMENT AND MY Locks IS NOT BREAKING OFF. I figured it had been just in my own genes. Can someone display me how exactly to maintain my relaxed hair, where it has body and appearance healthy, and easily did choose to relax at home, the ultimate way to do it..The amount of products and time involvement were overwhelming and a drawback initially. I QUICKLY calm it and for the very first time in my life, had a head of hair that folks put weaves in to achieve. I implemented EVERYTHING religiously and I observed a marked difference in 14 days. 6 weeks in I went for a relaxer and for the first time, didn't have any split ends to trim. I hardly ever see anyone with not-so-thick hair or significantly less than shoulder size hair. A year later my hair was longer and healthier than it turned out also after braids. I loaned the reserve to my aunt who had the same miraculous outcomes.. Carolyn goes beyond what you already know and will be offering specific ways to incorporate that understanding in addition to incorporate new information on a regular basis. However, when I tried to scale back, using just a Nexxus conditioner to deep treat each week, the outcomes weren't nearly as good therefore I went back to Ms Gray's regiment. In the end, I think about how enough time and money is wasted trying to make unhealthy hair look healthful vs what's allocated to maintaining healthy hair and it's really a no brainer. Really worth it. Great for the Relaxed Hair Person..I'd recommend this reserve to anyone without hesitation.. I found this book extremely easy to follow and full of what works out, in retrospect, to be common sense. It was ok The book's information was an excellent plan of action which can be employed to improve the fitness of your hair. Worth Every Penny I was skeptical about this reserve and checked Amazon's come back policy before I ordered it. Less than two years later it was gone. The writer stresses this aswell but does provide some great alternatives to applying heat and still looking presentable.2) She might use more images showing each stage of wrapping the hair. As the author does go through some pains to mention specific items (something woefully without most hair care books) you can inform it really is somewhat dated. Regrettably the reserve was written 2 years ago and a large amount of services are out there. So take time to examine what the author says a particular product will do for you to check out your personal brand that achieves the same results..The only major drawback to this book has to do with those of us with NATURAL/CHEMICAL FREE HAIR. While she does reference natural hair care specifically sections this publication is actually for the black girl with chemically treated locks. All too often she forgets about the variations and the fact which you can't utilize the same technique on calm and natural hair. Nevertheless unfair that's everything you start considering as you move through the reserve. Her item regimen was outrageous. Air flow drying relaxed hair is one example of this.7) Mentions a healthful diet as a foundation for developing healthier hair. I'd always had short hair. By admitting she is something junkie (and

her six-week routine displays this), she can offer real-world actual results she has gotten from products before I go out there and spend my hard-earned cash trying to re-invent the wheel for myself. Hair shampoo, condition and stay away from heat. YES THIS Reserve IS FOR RELAXED Locks BUT IT IS ALSO FOR NATURAL HAIR TOO AND THE WEEK TO WEEK REGIMEN STEPS WAS THE REASON WHY We PURCHASED THIS BOOK SINCE WHEN I STARTED TAKING CARE OF MY HAIR. She clearly states she is not a professional but offers been approached by many dark ladies and asked how she cares for her hair which explains why she has written this book.4) The six-week program is only one portion of the book wherein she offers detailed, specific, step-by-step here is how she cares on her behalf long relaxed hair. All of those other book offers comprehensive, useful here is how to care and attention for your hair to promote health and growth which you can include into your program as you wish.5) Carolyn's writing displays an attitude that says "My hair is beautiful and worth my loving attention" and learned to take care of it with loving kindness and respect. Many of us (black females) abuse our locks trying to beat it into submission with warmth appliances and chemical substances which shows how we experience our hair. The author recognizes that relaxing the hair is a kind of this and, aside from calming it, treats her locks with the loving kindness it deserves. Anything that grows will respond well compared to that kind of attitude and respectful treatment.6) She includes strategies that I had recently been using and for that reason knew of their efficiency from my own experience. What she actually is providing could help all of us with calm locks. We know it is a cardinal sin, but certainly people do it or there wouldn't normally be so many items on the shelves and the expenses to proceed a hairdresser is so prohibitive. I'll warn that getting all the items will place a dent in your wallet, and the regiment is definitely both tiresome and time-consuming.2) SAVED ME MONEY. Two things that could be even better about this book:1) It might be ideal for the title to state "Beautiful, Healthier RELAXED Hair". While she notes that some products are helpful for both calm and organic hair, the book's concentrate is for relaxed locks which she clearly claims within the 1st few pages. Unfortunately in case you are on the go/active a lot this reserve will end up being hard for you to accomplish although with some believed you can manage to get by on a few of the methods. She encourages you to have your stylist help you learn it which is how she learned to wrap her locks, but I'd like to see even more pictures showing each small step illustrating how exactly to do it. We knew that easily could grow my hair while wearing braids, then my genes had nothing at all related to it. I watch this woman on youtube. She used to make products but I cannot see them online anymore. It's always easy to say "I understood that" when someone else has taken the time to organize and present the material for you. But, as Ms.. She does not have any training nor has she completed any research that could make it possible for someone else to apply or modify her way of their own unique circumstances. Save your money Essentially, this book requires that you buy a lot of stuff. I don't think that you'll require that much stuff, simply use common sense. Everything you eat, drink and how you spend you time (rest, exercise) is actually what counts. She emphasizes you don't have to buy as much products as she has and that she actually is simply telling you what has worked on her behalf. You can do all that without spending your money on this book. THE VERY BEST BOOK I EVER Browse VERY INFORMATIVE THIS BOOK IS QUITE INFORMATIVE AND SINCE I PURCHASED THIS Reserve MY HAIR IS HEALTHIER AND Much longer. I basked in the compliments for a while..3) She emphasizes that her publication offers insights that you should find YOUR OWN hair care path based on what you discover functions for you which is what she did. Carolyn Gray's book was the last..I DID SO NOT KNOW WHERE TO START BUT IN THE Publication SHE GAVE WEEK BY WEEK STEPS AND I HAVE ALREADY BEEN FOLLOWING THIS REGIMEN SINCE

DECEMBER 2005 AND MY HAIR HAS GROWN AND IS VERY HEALTHY AS I MENTIONED PREVIOUSLY. Gray indicated it had been her regimen..FIRST I HAD TO GET MY Locks BACK HEALTHY AND ONCE I ACCOMPLISHED THAT THE DISTANCE CAME. AS FAR AS CAROLYN GRAY NOT USING APHOGEE Proteins TREATMENTS (Somebody MENTIONED) ALTHOUGH SHE WILL NOT UTILIZE IT HERSELF.. There is an excellent index in the back of the publication of all the recommended products.. I just had to figure out how to keep more locks than I dropped..IT'S GROWING ACTUALLY. I just expected a little bit more.S. what a waste.SHE DOES Point out APHOGEE PROTEIN PRODUCTS IN THE BOOK AND Getting THAT SHE USES SOME FORM OF PROTEIN TREATMENT WEEKLY MAYBE SHE DOESN'T NEED TO USE A STRONG Proteins TREATMENT SUCH AS FOR EXAMPLE APHOGEE (SOME INDIVIDUALS HAIR CAN NOT HAVE A STRONG Proteins TREATMENT OR SOME PEOPLE HAIR ISN'T THAT SEVERELY DAMAGED SO THEY MIGHT NOT NEED APHOGEE PROTEIN TREATMENT)... I was thus disappointed when I got this book.. The individuals who do these books always seem to have a mind full of hair if they start. 4 a few months in my own hairdresser remarked on how much healthier my locks was looking. Here are 6 reasons why I will NOT be using that return plan:1) This is the kind of stuff many women who understand this wouldn't tell you out of pettiness and competitiveness. Her copying and pasting from week-to-week needed to be most ingenuous of all, along with pressing her own hair care products. In all her pictures she looked "greasy", which is not a look or experience I like. She hadn't even used Aphogee protein products, which ANYONE who's into hair, knows is probably among the best protein products in the marketplace, especially taking into consideration the price.. On her behalf picture in the 1990s, it was obvious she generally had a complete head of hair, nothing like a whole lot of black females out here. I bought the just 6 books Amazon experienced about black locks (including one from Oprah's personal locks stylist), and tried every recommendation, to no get. She also offers information new to me. Therefore I made a decision to do my own research. You need to be kidding me! Simply looking at the picture about the front cover of this book...I know this is simply not the book for me. I know they state you should never judge a reserve by its cover, but in this case -- I believe I'm justified. A reserve that tells black ladies how to have healthy hair and proceeds to expound primarily on the maintenance of relaxed (fire-creamed) hair is schizophrenic at greatest. Healthy locks begins with understanding how to care for, nurture, and design the locks that grows from your scalp. Diet, exercise, drinking water, and a wholesome dose of self-love are the start of healthful hair. For those who are interested in learning to care for their hair sans relaxers, I would recommend that you save your valuable money and head over to [...]. P.. If you are one of the an incredible number of black women which have relaxed locks, I'm not really judging you. Maybe this book is strictly what you need. Nonetheless it your objective is beautiful and healthy hair -- which isn't the same as artificially straightened hair -- i quickly simply suggest you look elsewhere.



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