



Locs for Life:

The Root to Well Being for African-American Women

Kalimah Johnson, LMSW, ACSW
Clinical Social Worker
Natural Hair Care Consultant

Kalimah Johnson

Locs for Life: The Root to Well Being for African-American Women



[continue reading](#)

Have you ever thought about locking your African textured/type hair? Are you afraid what others will say or consider you? Do you need a guide to assist you through the procedure? Her expertise and courageous efforts will provide you with all the equipment, power and understanding you will need to inspire you to wear your hair out in the world "as is". When you have answered yes to any of these questions then "Locs For Life: THE MAIN to Well Becoming for African American Females" is the publication for you! It really is an easy read with various stories outlining the trip of hair locking. What is most unique concerning this publication is that the writer prepares you for the emotional/spiritual aspects of locks locking. Topics such as for example colorism, racism, beauty specifications and other social issues are candidly discussed by the writer. Kalimah Johnson is Masters Level Social Employee and uses those equipment to discuss this topic from a sensitive and comprehensive standpoint. Do you already have Locs/Locks/Dreads and need style/care tips or encouragement from other sisters who have?



[continue reading](#)

Just starting out? This is the book for you! I wanted books about locs in general when I came across "Locs for Life". Very Pleased I purchased the book solely since it was an all natural hair book but am very happy that I picked this one. If you are a person considering locking or are in the beginning stages, this reserve is perfect for you. There are really no tips on locking maintenance either. Definitely a book to share Locs forever: THE MAIN to Well Getting for African-American Women This book was excellent. As a social worker, she actually is able to let you know what to expect emotionally during your journey in addition to uplift you and inspire you to keep. The icing on the cake is towards the finish of the book where various women receive the opportunity to share their loc tales and journeys. I'd definitely recommend "Locs for Life" to a person contemplating locs or just starting out. It's a wonderful reference to have got. For mature loc wearers, some of the principles Johnson presents in her book may be ones you know or heard about, but her strategy of locs and the well-becoming of African American ladies is refreshing and still makes the publication a nice addition to your personal library. Important thing, this book can be an easy read, an excellent device for loc wearers, and I give it two thumbs up! Nice book but is very old in 2018 Nice publication but is very old in 2018. Will need what I can from it. Five Stars Perfect Great loc journey book Great publication to inspire & I'd love for the writer to create a continuation oar a component II to the book. However, it does offer some inspirational and motivating stories and facts if you are uncertain or uncertain about beginning locs. It appeared like it would have a lot of info, so I got it without many reviews to go on. It found its way to great condition to be used, and didn't take long at all to get to me. I highly recommend. While I'm glad that there are books about dreadlocks and this path for African-American women, I have to say this is not the book. Perfectly written, interesting and beneficial. Very informative. Locs for Life This is an excellent book for all those sistas on the fence about locking their hair. I really enjoyed scanning this reserve. I bought a second copy for a sister-friend who is scared of locking. And she loves it! Good information I really enjoyed her story and the testimonials written in the publication. Five Stars Great read for someone ready to transition. Want it had more coloured photos. Do not waste your cash or time reading this.! I've been on this trip for eight months which book just reinforces all of the right reasons for my locking. The title is misleading, the composing is completely awful, the author could use an editor BIG TIME, plus she seems to have problems staying on subject matter, she is all over the place. If I met this woman, I'd not have let her dread my locks if she got paid me. If you are looking for a basic on the locing process, this is a good book to buy. It gave me an idea of what the locing encounter will be like. While I'm glad that there are books about dreadlocks and this path ... Very Informative This is an incredible book. I must say i enjoyed reading the personal experiences of people who've taken the journey of determining to loc their locks. I could only make it through the 1st 5-10 pages before I acquired to put it down. Kalimah Johnson is normally a loctician as well as a social employee and you can discover both professions playing a job in her book. The only slightly great part is the women's photos and stories at the end. If you actually need inspiration to dread, look at photos on pinterest or all the very inspiring blogs about dreadlocks out presently there. If you want videos onto it, appear on youtube, lots of great professionals on the website. I really appreciated her approach as a loctician and she appeared very professional not only in her writings but her approach to the natural hair process. Good quick read! Most likely chose it in mistake. enlighten brothers and sistas that desire 2 loc their hair. As a loctician, she actually is able to provide a lot of information on beginning locs and maintaining them. Inspirational This book didn't provide a large amount of information

regarding going about starting locs or maintenance. I just started my braid locks and tried to maintain them by myself for the first few months, however after reading this I recognize that I will need to visit a locician until they possess at least matured, also, that I have to change my lock products! I love studying my hair and being able to talk about infor with others is such a grand chance. Thanks!



[continue reading](#)

download free Locs for Life: The Root to Well Being for African-American Women txt

download Locs for Life: The Root to Well Being for African-American Women e-book

[download Too Young to Be Old: Love, Learn, Work, and Play as You Age ebook](#)

[download free Parent Training for Autism Spectrum Disorder: Improving the Quality of Life for Children and Their Families e-book](#)

[download Getting Ready Chloé-Style: Perfecting Your Authentic Image ebook](#)