

A close-up photograph of a Black woman with voluminous, curly brown hair. She is smiling warmly, looking slightly off-camera to her right. Her hand is visible, resting near her chin. The background is softly blurred.

The #1  
Bestselling  
Black Hair  
Care Book

# **The** **Black Woman's Guide to** **BEAUTIFUL HAIR**

*A Positive Approach to Managing Any Hair Type and Style*

**Lisa Akbari**

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Lisa Akbari Ph.D.

## The Black Woman's Guide to Beautiful Hair: A Positive Approach to Managing any Hair Type and Style



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Lisa Akbari, leading researcher into black women's hair, teaches you how exactly to: --tell what hair type and consistency you have so you're utilizing the right products --hair shampoo and condition to get the best hair possible --use heat and chemicals safely and still keep your locks healthy and strong --take treatment of your scalp to eliminate itching, flaking and dryness --select a salon and stylist and get the best results from them --manage new development and comb your locks without pain or pulling --manage your style so that it looks beautiful every day Most importantly, you'll find out how to have a great attitude about your own hair, so you may never have "bad hair" again. Regardless of what design you choose, you can look after your hair in order that it: --heals from any damage caused by heat or chemical substances --grows to its optimum length and thickness --is soft and manageable --is controlled by you, not the other way around!



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Insufficient of anything.... Since reading the book, I've learned so very much about looking after my natural hair and also my girl. That's my overall complaint and it bothers me that there are therefore few serious books particularly targeted at the hair care issues of the girl of color with significantly curly/kinky hair. I thought this book would be goal, backed by facts and tell the whys and just why nots of hair look after the typical woman of color with seriously frizzy hair but this is not so." It addresses topics such as how exactly to determine your hair type, answers readers queries, and is definitely a generally fantastic book (and it has plenty of pictures, products and generally advice for those folks with "interesting" hair. That isn't good more than enough for me personally. This is a great read. Probably the most disappointing thing I found had not been only did she not give specific tips for any products, she sets you up in a section about oil and moisturizers by "mentioning" some products (at first I couldn't tell if they were actual products are simply other titles for oils and moisturizers). Akbari THANK YOU!!! I possibly could NOT put it down.... The Black Women's Instruction to Beautiful Locks: A Positive Method of Managing any Hair Type and Style This book changed my outlook about my locks.). I have read other, older books that I think were better. Particularly, Pamela Ferrell's "Let's Chat Hair" continues to be the best book when it comes to taking care of non chemically treated very curly/kinky locks. I do believe if you are just starting to take care of your own hair then there's something to be learned out of this book hence the two stars. But when you have been reading up on this subject matter for awhile, as I have, you then won't find any fresh real info. I find this really disappointing because while the book "Let's Talk Hair" is good it only really gets to the basics and so do a number of the others. Another factor that was disappointing was having less photographs. Hearing others, who really don't know any longer than I really do, I tried to observe how many days I possibly could get out of a once weekly wash. Just another reason I wasn't impressed with the publication. I also discovered the chapters to not be in logical order, but it does not matter because so many times the information is redundant just provided in a different chapter in a different sentence. Sadly, I have to say that I wasted my cash. You will get better info. from one of these black hair mags. The book leads you to think that there's some sort of "program" to check out. There is absolutely no real program that you can follow for healthier locks. This book did not live up to its promise nor did the author I came across this book full of useless psychology rather than any kind of of what the author nor the title claims this book to be about. My locks and scalp were informing me I need to step up my hair washing routine to twice weekly. and she failed many times to achieve that. I didn't need to know nor do I think it added worth to learn stories related to how many females came into that particular salon and let people scratch their heads. I did so an internet search for the two names she mentioned and they are items that the writer makes and sells solely. grow hair. Absolutely wonderful I have at least 5 books at home on Dark Women's hair care which is one of the best!.. I've been practicing her advice for 2 weeks right now and tell a significant difference in my own hair. Not Very Great!! like that she doesn't condemn the reader for what condition their locks is in (ie. organic, braids, calm, texturized) and you don't have to cut off your hair to start out having beautiful hair. You basically find out everything in the one chapter and the rest is advice for the mind and learning to love your hair. I called her 800 number with questions regarding my specific hair and Ms. Akbari was authentic and took her period educating me (and I didn't order anything). Her items seem affordable, though. Ms. I expected a section on coping with dried out, itching and flaking scalp complications.. Honey, save your money Truthfully, this book was almost completely worthless (I say "almost" since it did hold my rickety table in place for a bit). Instead of giving actual useable assistance, Akbari leans toward the spiritual part, saying we have to pray about

having healthy hair. Honestly, I have to spend my prayer time with things that are a little more considerable, like paying the rent -I want concrete suggestions on how to look after my hair. Aside from a total insufficient useful information, the design of the reserve is boring. I understand I get the best results with that routine because those 'fluffy' areas get with the program, I have no itchiness, and my locks feels smooth and pliant. This reserve seemed to provide as an advertisement for Akbari and her salon. A MUCH better book, I've found, is A. Dickey's "HAIR RULES! The principal reference point is the author's encounter as a beautician.) good book My daughter's hair isn't exactly like the hair it discusses but it provides us some things to try and tips. The writer repeated herself a lot. What would have made it awesome, not to mention more helpful, would have been the inclusion of images and illustrations. Overall, it's okay. I love my hair! This book is quite informative. Lisa Akbari's very short book is much too anecdotal for me personally. For example she discusses dry, flaking, itching scalp from the point of view her experience while functioning at a salon. It really is softer and shinier and I use less products to get better results.THEN THIS Reserve IS FOR YOU! Now my hair is long and beautiful. It promised so very much, but delivered nothing at all. I just got done reading it and I must say i didn't get much from it. There was nothing new to take from the publication. Good book Helpful Tips This book offers helpful tips. Be kind to yourself and find another book. Not even close. Don't Buy It This book is poorly organized and offers little concrete information or advice on black hair care. I believed I had no wish. But after reading the publication and pursuing Lisa Akbari's guidance I switched my hair loss around. The book was not very well organized. Many thanks Lisa. You are indeed a Phenomenal Woman. Our Locks and Scalp Knows Best "I promise if our hair and scalp could chat, most of us would be deaf from from the yelling and fussing we'd receive. Seems like a fairly major oversight.. When I browse that sentence I understood I needed to go back again to hearing what my hair and scalp were telling me. Yesterday when I shampooed, my hair felt like string. Yikes! I came across the author to state several times that she'd cover a certain point of information. I don't remember seeing any graphics, apart from the cover and Akbari's photo. It often helps to see what is being described, especially when it's locks but that wasn't possible. What I got over an extended period of time was excessive hair breakage. Many of the natural locks authors I've read show most of the same factors - which is good because it means we are paying attention, but there's always that one something from each one that sticks. Listen to, hear and apply what your hair and scalp are letting you know and you won't fail is what I acquired (and will keep) yesterday. This Book Addresses the History of Dark Women and Our love/hate Relationship with Our Hair I purchased this book a few weeks ago and when it came in the mail. It's for sisters that are SERIOUS about the care of their hair.. Not only did the author cover hair care methods but she lovingly resolved the unhealthy habits and myths that people have about AA locks and how it must be cared for. In case you are prepared to get out of that rut.PS: My #1 favorite reserve that I would recommend is "Good Locks: For Colored Ladies Who've Considered Weaves When the Chemical substances Became Too Ruff" by Lonnie Brittenum Bonner.Its a shame there are too few books about black hair care, but it is a greater shame that our own sisters exploit that for their own personal gain!. Buy the book.loose hair,hate hair. I love that she doesn't try to sell you her products and keeps the locks care very easy.grow hair(again), love hair.braid/weave hair..... It really is an easy read and provides great guidance.loose hair etc(again).. Don't Waste YOUR CASH! The author offers you the explanation as to the reasons our hair is exclusive, gorgeous and fragile...and how we have to look after it to OPTIMIZE healthy, stronger and LONGER hair. Now, if you are not prepared to renew your mind and daily hair care regimen then you might

wanna spread this book... The book is unfocused and arranged poorly..that's all I can say :) I've followed the tips in here and also have seen significant transformation in my locks!! I expected it to be dealt with in a straight forward way in the prose of for those who have the following issues then do the following.! I had just about abandoned. Akbari makes repeated references to "studies" and "surveys" she's done in her profession as a hairdresser, but this alleged research of her's is certainly vague and doesn't really offer anything more than anecdotal observations.. Akbari makes reference to a seven week system to restore healthy hair several times, but she never actually outlines said system or gives any extensive regimen for black hair care." (p. 40) Truer terms, made from first hand observations and listening to her clients, haven't been spoken.. The reserve can be redundant within the minimal amount of facts and assistance it includes, reiterating fairly obvious bits of information (keep your hair and scalp clean, condition your locks and moisturize often, etc. As the author does make reference to dermatologists opinions there is not a apparent connection between your medical guidelines and the "well this functions for me" suggestions. Don't buy this publication. If you are still really curious, obtain it from the library. You will be happy you saved your cash. If you prefer a more focused and step-by-step guideline to caring for black hair, have a look at Chicoro's



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