

SIZAKELE MDLULI-CHAPLIN



Enough Already!

OVERCOMING
THE STIGMAS OF ALOPECIA

Sizakele Mdluli-Chaplin

Enough Already!: Overcoming the Stigmas of Alopecia



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"Most importantly, the hair must speak in volumes of very long, silky locks that ought to voluntarily bounce as one moves about, inviting the attention that approves of the quality, and therefore the qualification of a lovely girl." What defines a female's? At 31 years old, patches of locks begun to fall off her scalp, leaving her permanently bald. Her tale crosses racial and sociable classes, spiritual and educational hierarchies, where nobody is immune, and many people are vulnerable." It a tale of rising to victory with self-love, inner power, and the desire to help others who are struggling through their own personal journeys. She went to school with Caucasians whose hair "ran silky and bouncy all the way straight down their backs", and she felt she got to fit in and look the part to become accepted.s beauty? Enough Already! Overcoming the Stigmas of Alopecia may be the tale of Sizakele's trip from searching for authorization and lacking self-worth to getting strong, transparent, and defining her own self worth and definition of beauty. Her tale is shifting and compassionate, unashamed and gorgeous, vulnerable and triumphant. This is a revealing picture of living with alopecia in a global which has a skewed definition of beauty. What techniques are we willing to take? Sizakele Chaplin was created in South Africa in the Zulu culture through the apartheid era.



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Thank you so much for composing this book for me personally. She addresses the problem and her encounters in a well-created format. This book really touched my heart. Alopecia is not a curse. A book of encounter, persistence, and spirituality "Enough Already" is the personal connection with someone with a particular problem. So many people are not helpful with regards to illnesses and health conditions. And in their ignorance they make everything a whole lot worse for the individual who already is suffering plenty. I snipped this portion of the book because the author expressed these sentiments so perfectly. "We are wonderfully and beautifully produced." So, whether you possess contracted an incurable disease like HIV or happen to be diagnosed with tumor and even alopecia - an autoimmune disease - you remain made in God's picture and you aren't cursed. AMEN to that! I'm so proud of you. Alopecia condition Great read. Recommend! the journey of personal discovery, amidst hair thinning, misdiagnoses to acceptance take the journey with this is author as she suddenly discovers she was dropping all her hair, at the prime age of her womanhood. the unfolding tale is defined in a South African township, in Durban area. her challenge to society criteria of beauty. I appreciated it . How do you navigate existence, beauty standards that do not fit you, dating, getting a partner. this book is emotional, interesting and easy go through. As a black female at her prime age of her lifestyle, how can you face this challenge in a tradition that prizes hair --judged by the amount of money and time we spend on it. I learned a lot about . How blessed to possess a book posting this experience. the medical doctors kept misdiagnosing her hair thinning, until 1 day she was told it had been Alopecia and it had been incurable. It is wonderful that the author can see her condition as a blessing. Highly recommend! I especially liked what sort of chapters related to her spiritual inspiration. But, probably the most impressive part if you ask me is that there is a general message that pertains to the many techniques people can feel alienated and how they are able to find the courage to go on. take the trip with her, you will laugh, cry and celebrate with her in the acceptance if hair condition. Very inspiring Sizakele's tale is one of the most inspiring tales. This book touched my heart. The resources by the end of the book certainly are a Godsend. She speaks the truth from her knowledge as she goes through the problems of health condition and personal problems in her lifestyle. It's essential read not only for all those with similar circumstances but the general populace for motivation and awareness. Heart felt and incredibly informative. Great read This was an excellent read and informative. Phenomenal woman Powerful author, amazing and honest story on the subject of struggle , stigma of alopecia and the strength to not need to cover up, wear wigs and redefine the "societal standard" for beauty (especially for women and their hair). Many females will still search for products to help their hair to grow rather than seeking professional help. Information I've met few people who have this condition I had no idea what it had been ! She says;! Thank you Siza for educating us understanding is Power Make sure you write more books about your Journey. Love the book Very very informative!! I have heard about Alopecia but there have been so many things We learned after reading this publication. I applaud Woman Siza - Chaplin for checking to the entire world & A source of important information on Alopecia Amazing book What an amazing beautiful book. When our fears become reality, we experience terror. Very Relatable There are things we fear, and you can find things we dread. And when the things we dread actually happen, our lives become a nightmare. Who hasn't considered to themselves "what if one of my children was kidnapped"? Or "what if, I was devote prison for the others of my life"? Or "what if I got cancer"? For most people, these things under no circumstances happen. In this book about her experience with alopecia, Miss Ndluli - Chaplin walks us through the development and realization of her personal living nightmare. Culture puts an absurd emphasis on outward beauty. And moreover, what it means to

be a young woman who's "different". She skillfully draws the reader in, and invokes the FEELING of what this means to become a young female in society. A girl's hair is her "Crowning Glory" to quote the author. To lose her hair is among the worst things that can happen to a girl. Although it is about Alopecia, it touched on the process of going right through the trip of anything unpleasant in life. Additionally it is a sign of respect and reverence towards God. Halalala Nkosikazi Sizakele Mduli-Chaplin Qhubeka phambili namandla! Such an Inspiration Very inspirational girl with an amazing story to tell. Raw testimony from the depths of the soul to heal humanity This book touched my soul deeply. In South Africa, where in fact the author grew up, hair is more than a position symbol. It has healed deep parts of me because as humanity we are all linked. It reminds me of an African proverb, "An problems for one is an injury to all." Amazing story! Such power! I recommended the reserve to my family and close friends because I believe many people will reap the benefits of Siza's trip and minimize the self diagnosis that a lot of people do. Enough is enough, somebody had to talk about this tale - it's not easy but Siza is among the Bravest ladies living right now. Roughly her community would have her believe. This book is a blessing to a person with any kind of health condition and who's trying to come quickly to grips with it. letting them into her every day life.! I now understand what alopecia is due to you Thank you



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