

A Complete Guide to Hair Care  
for Transitioners and New Naturals

# THE SCIENCE OF TRANSITIONING



Plus!  
100+

Style & Technique  
Illustrations  
Included

WRITTEN BY  
AUDREY DAVIS-SIVASOTHY

Audrey Davis-Sivasothy

The Science of Transitioning:: A Complete Guide to Hair Care for  
Transitioners and New Naturals (B&W version)



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What's Inside: \* Regimen advice for both transitioners and fresh naturals. Here's your roadmap. And, needless to say, rocking gravity-defying kinks and coils comes with another set of unique joys and difficulties. Thinking beyond your box isn't always easy--specifically when you've had a long-term relationship together with your relaxer. The Science of Transitioning: A Total Guide to Hair Care for Transitioners and New Naturals is normally your essential, all-inclusive lead to the journey back--written exclusively for individuals who are chemically peaceful and considering the natural journey, those who are taking their first steps back to natural and those who have already eliminated all in! Unleash your hair's fullest potential, and learn how to care for the organic kinks, coils and curls you were born with. \* The best products and techniques to use throughout your transition. \* How to transition while maintaining your hair as healthful as you possibly can. Great for those who are: \* Currently relaxed and considering natural locks \* Transitioners (Long-term and short-term transitions) \* New Naturals (Recently chopped, or natural for under 2 years) YOU WILL DISCOVER: \* How chemical relaxers really affect the hair and scalp. \* Sample "Transitioning Timeline" and care instructions to carry you through the first year of transitioning. \* Strategies for working with unsupportive friends and family members. \* Tips for obtaining the most out of your brand-new natural hair! You are viewing the Standard Edition (Black & White interior) Thinking about making the journey back again to natural? \* How your mental transition determines the success of your physical transition. \* More than one hundred illustrations and directions for managing and styling transitioning and newly natural locks. \* New, updated images of hair at the microscopic level. \* Product recommendations, sample regimens and more!



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ESSENTIAL Read for Transitioners I'm reading this book after the truth of the major section of my changeover.! Every woman transitioning from perms to organic should really do their research FIRST to ensure they're getting good details and understand the psychological rollercoaster one could end up on. I have good days and poor days but it can be a learning process. I will be returning again & I wish I had this reserve when I started transitioning my hair, it could have preserved me a whole lot of trolling on the internet for information turned misinformation. Two thumbs up!). I didn't find it repetitive at all and it gets the same great quality as The Science of Black Hair book (that i also possess in my own collection! I've been looking forward to this release since it was announced last year, and I must say that I had not been at all disappointed. I have been transitioning off and on for a few years now, and have been an associate of SO many websites and sites. I simply haven't been able to create transitioning stick, even with the support of my stylist. It had been the best natural hair buy I made!?) It's difficult out there and I can't help that I am worried about what friends and family will say (maybe we're only a judgmental bunch, but I highly doubt I'm only in this). There just aren't any books out there like this for transitioners today. I especially just like the info about getting the mind right because the mental part of transitioning is something that a lot of people brush over, and this is where I've needed probably the most support. This reserve cover to cover, leaves no stone unturned. I also like this the author provided useful lists of products and brands which are fully natural/organic/gluten free. As I changeover my hair, I am also transitioning in other areas of my entire life too, so this is helpful all around. I learned so much. Kudos,sister! All the details is in a single place, neat and small with photos, drawings and diagrams to impress upon tips.With the information in this book and the help of youtubers like CharyJay and Naptural85 (you guys are amazing by the way), I am so far better equipped to take on the challenge of transitioning. I recommend this reserve for fellow transitioners as a good foundation.Hopefully I am able to report when I've fully gone natural. All the best to all you beautiful people on this trip with me! We are able to do this! I decided to changeover because I was sick and tired of fighting my hair rather than being able to do items like go in to the steam room which I love to perform. I gave it three stars as the content material could be helpful to a beginner that is not already acquainted with various online communities. She explains the importance of moisture and proteins balance. Thank you!Instead of promoting hair products, she focuses on stressing hair health. Duration and retention will both come if the hair is healthful. Loved it! There's simply too much repetition of things such as mosturize and seal. Gives Nice Tips On How To LOOK AFTER Transitioning Hair Book is fine, because some in the normal community are doing things that may become harmful such as water washing or co cleaning, using homemade protein conditioning where the proteins molecules are too large for the hairto accept them. Yes this information can be found on natural hair sites and youtube videos, however I found it very helpful as all the information is in a single place. Also, permanent hair coloring is still damaging Afro textured locks. Most Afro textured locks hates tough detangling with combs, most Afro locks loves moisture and oil.I bought this book as We am a long term transitioner (almost 2 yrs) and was looking forward to any tips or ways to aid but this book just repeated what I already learned via locks boards and YouTube. Thank you so much for composing the reserve and for hearing the feedback from evaluations! I was elated and amazed to get you wrote a book that specifically deals with transitioning from calm to natural hair. May God bless you and continue steadily to use you to instruct females of color how exactly to embrace their God given glorious hair. A must have resource for transitioning ladies You can bounce around the a huge selection of sites on the internet dedicated to transitioning and natural hair,or you can choose this book and discover all that info and much more. I knew the process would not end up being easy and would require a considerable amount of period and patience which you perform address in the book. It was well

worth it to learn through it to observe what I missed, which was plenty of excellent info about pH of products and how hard drinking water can negatively effect your hair as time passes. I am in my seventh month and get excited when I see that my very own natural loves to be loved. I can't wait to try some of the items you list at the back of the book. I wanted to such as this book I wanted to like this book. We really wished to like this book. Transitioning I was about to choose the Science of Black Locks when I came across this reserve. Her scientific explanations of hair anatomy and chemistry are often understandable. Good introduction and foundation for transitioners This book is a good introduction and review to transitioning. I have already been transitioning for 9 months but still found the book very helpful and concise. Its an easy read, finished the book in 3 times. The book also stresses that hair chemical relaxers are simply as damaging as ever, the author when she wrote, " The Science OfBlack Hair", her hair was damaged at that time from chemical relaxing. I especially just like the authors review of locks porosity, elasticity, and the balance between protein/moisture. Believe me, I've appeared and have a library complete! Most importantly, she clarifies that transitioning is actually a mental journey as well as a physical one. This is a very helpful book for those new to their very own hair. I've had a deep reference to my relaxed locks and will relate to the info presented very well. Everything you want to know is in THIS Publication! again. You need this book! I bought this publication while transitioning. It helped me along the way. I transitioned for 18 months before I finally do the big chop, and thanks to this book my transition was smooth sailing. (Do you know how rare that is? Three Stars Book has good info. But, it not provide details on how exactly to transition brief tapered relaxed hair. Informative and repetitive Very well written, loved the survey information. liked the publication but i want I could say I enjoyed it. Thank you for helping me on my journey. Very informative Loved this book. Was extremely informative and entertaining. My favorite bit, the transitioning timeline! I'm looking towards a wholesome transition now Great Read!! This booked helped me tremendously. Now that I'm completely organic I still make reference to it from time to time. Five Stars Excellent information



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