



BY APOLLONIA WARD

Apollonia Ward

Kill the Myth



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from a natural hair perspective. Eliminate the Myth is a trip through most of the locks myths that people have come to know as truth— It is extremely informative and relatable work that allows you to explore most of the hair myths that are recognized to our society today. This book goes through passages about their origins, why people believe that they are accurate, and alternatives to those who rely on these myths for healthful hair growth.



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KUDOS! This book offers you a lot of insight on habits and practices that African American women have been known to practice through the years. Not only does the author provide the myth she also explains why this is a myth and everything you can actually do in place of the myth to accomplish your hair goals. I would suggest this book to anyone who wants a better understanding of how their hair grows and steps to make sure it stays in a healthy state. Insightful and Educational! Each one is divided to easily understand and the added love of life makes this . The reserve is very insightful and intensely educational..! Loved it! Loved this book! Even though you think you know all there is normally to know about how to hair care, you still should browse this reserve.. Growing up hearing many of these and believing it until growing older and started to question, "is this really true?" Some things I'm just going to stay with such as using a satin scarf and/or pillow case each night, because I am a company believer in it and that women should do so. Each one is broken down to very easily understand and the added love of life makes this book an extremely interesting and fun read. ??? Everything We needed and more. It "washes out" and eliminates all assumption and doubt when it comes to the true facts about [black] hair. Very great book. Everything I needed and more.. Discovered some things that are good for my hair among others that were myths. Found out some things that are good . Debunked many myths all while offering me advice. Wonderfully created.Great insight very useful with developing hair! I promise you' ll find something [facts] in here that you didn' t understand. This publication gave me so very much info and it wasn' t mind-boggling... Loved it !An excellent read, I enjoyed every bit of it. Ideally I could get long beautiful healthy hair now. Five Stars Very informative. Five Stars Luv it!!! I love Kill the Myth!.. Certainly worth the read. The info is very insightful and relatable. I was acquainted with a few of the myths but under no circumstances knew the background information as to why they' re actually myths! Lots of other myths that aren' t 100%, this publication breaks it down and kills the myth.



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