



Live Curly, Live Free

UNLOCKING THE SECRETS BEHIND THE
WORLD OF BEAUTIFUL CURLY HAIR

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Live Curly, Live Free: Unlocking the Secrets Behind the World of Beautiful Curly Hair



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First published in 2011, **LIVE CURLY, LIVE** Free of charge - **UNLOCKING THE SECRETS** In back of **THE WORLD OF BEAUTIFUL FRIZZY HAIR** by noted curly hair expert Tiffany Anderson Taylor, is the **FIRST** curly hair how-to publication to take the mystery out of curly hair in easy-to-understand language. Are you tired of dealing with frizzy, dry, unmanageable hair every day of your life, but don't have Passed It On. Are you spending way too many hours on-line, wading through piles of inconsistent information and conflicting information on frizzy hair care? Learning to treatment for your frizzy hair in order that it is beautiful and normal be less complicated than this? Shouldn't Are you having problems figuring out what's really sensible and straightforward hair advice, not just a thinly-veiled advertising campaign solely aimed at getting you to invest your money on yet one more useless product? Oh, those curls! This must-have publication provides basic, comprehensive and **BRAND-NEUTRAL** instruction on how best to understand and generate the beautiful curls you've constantly wanted. and how to know which ones are best for you. **PRODUCT INGREDIENTS:** A glance at product substances beyond sulfates and silicones, the products ingredients chapter includes vital information on essential natural oils, humectants, fatty alcohols, petrochemicals, salts, proteins and other primary product ingredients found in today's hair care products— Details and features include: Weather conditions: Why dew point and not humidity is the key to understanding how your hair reacts in certain climate, and how you may use this knowledge to instinctively adjust your curl maintenance routine accordingly. **PUTTING IT ALL TOGETHER:** General guidelines which you can use for product selection based on your hair's essential characteristics, climate and product ingredient suitability. **DEBUNKING FRIZZY HAIR MYTHS:** Some common curly hair myths and the reality behind the fiction. **CURLS AND Children: HOW TO PROCEED** If You't know very well what to do? Tiffany's crystal clear and inspirational education will empower you to take control of your own hair destiny and learn steps to make intelligent item and care maintenance schedule choices based on your own individual needs, not on marketing ploys or empty advertising campaign promises.



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At last I am aware! This is an extremely helpful book about wearing natural frizzy hair. I've fine hair making S curls plus some tend to be more coily. Unlike some of the other curly hair guidance, this explained hair differently. Concise and well crafted. Ms. It offered different modifications depending on the above locks classes. The most crucial information for frizz free styling would be to check the weather report for the dew point. This enables you to know whether to include more conditioner or more gel. I am learning all of this in the summertime. I am interested to observe how I'll transformation my routine during the dry winter. I kind of want I had it in hard copy because there's a lot for the reason that chapter. This will be at the top of my goto's for coping with my curly hair Curly hair praise! It's easy to read but I came across myself skipping over much of the scientific details. Best Book for Understanding Texture Tiffany Anderson has written one of the primers on complex details for the curly girl. Taylor's writing is normally clean and direct. There's a common technique called plunking or plopping. The ingredient list is certainly invaluable in determining products best for you personally. The washing/styling routine was very useful.. She also enters the science of curly hair and items to keep out of our gorgeous curls. At the end of the book additionally, you will read about curly gal myths and home remedies to greatly help our curls. Purchase it, you will not be sorry. Great Education on Curly Hair The author helps it be very clear that the reader should not expect to absorb all the details provided in this book in one reading. I could recommend this book to all or any my curlys for an easy home treatment. This book should be reread again and probably again. Two Stars Boring Great resource for curly hair maintenance A must read for finding out how to manage curly hair. There is no fluff. Many aesthetic ingredients were explained in this publication. Answers are available quickly and understood easily. From additional websites I possibly could by no means follow the directions best. I am uncertain what I expected but much of this book was a little too a lot of a beauty/salon school set of classes for ME. Learn to look after your curly hair It was well explained on how to care for frizzy hair. This publication explained an easier way by using a traingular folded cloth/t-clothing. I also confess I needed more pictures. I think I may attended across the wrong reserve for what I was looking for. Taylor covers just about every subject there's concerning looking after your naturally frizzy hair. Truly Helpful for Natural Curls Excellent source for those of us wanting to attain or maintain healthy, lively natural curls. Great Info I'm a Deva Qualified HS. I completely acknowledge. It's easy, to the point, and truthful. Great instructional Manuel Invaluable tool for frizzy hair care arsenal! This book is very helpful in that it offers different insights (using science) concerning the care and keeping of curly hair than other curly girl books I've read. It creates a lot more sense to use hair products which have the substances for your hair type instead of curl pattern/type. Great Book for Those Following the Curly Girl Method I actually follow the Curly Lady Technique and cowash my hair and this is the greatest book I've continue reading the subject. Sound advice based on science and knowledge.99. Saving me cash, too, as I've a bag of items (containing ingredients that are damaging to my hair or not appropriate for my locks type and the high dew point where I live in South Louisiana) that are heading back to Sally's this weekend. I finally first got it right! Crystal clear, concise and understandable; one need not be a scientist. Given the brand new plethora of curly books out there, her's sticks out in its awareness of texture verses hair types. She explains texture, porosity and humidity to help gain control of the uncontrollable--curly hair. As a frizzy hair professional (and having not really met Tiffany), I recommend this to all of my clients. Good info Practical advice for curly girls. The advice was broken down into consistency, porosity, density and elasticity. Help to determine your locks type and items to use was extremely valuable. If you want the bio and the chemical substance

knowledge that hair and products have after that this might be a superb place to begin. Not merely did I find out some techniques but get to know about curly hai.. Great information to greatly help us understand our hair, find out what products can help, and which in order to avoid. Also offers lots of encouragement for the reader. It should definitely be held close as a valuable reference text message. Great buy for just \$3. I'm annoyed I hadn't read it sooner. Five Stars Loved it!



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