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The Beginners Guide To Natural Hair: How To Begin Your Natural Hair Journey Today



Synopsis

Step by step instructions on how to start your natural hair journey right away You're about to discover how to begin your natural hair journey. In this book you will learn how to star your natural hair journey. Going natural is becoming more and more popular because there's so many benefits. You save money, your hair grows, and you gain more confidence. But starting off your journey can be sort of confusing, because you may not know where to start. You're probably wondering what products to use, what hair styles to choose, etc. This guide will provide you with all the necessary information that will steer you in the right direction. You will discover the basics of where to start and what you can do right now to start transitioning your hair. There is no big chop required. Discover the best hair styles for just starting out. And find out what "going natural" actually means. Find out how to do everything in detail such as hot oil treatments, deep conditions, and trimming your own hair. If you've ever thought about going natural there are tons of benefits. This book will take you through the entire process, step by step. Save money by not having to purchase weave and grow your hair longer than before. Build confidence within yourself by representing something pure that comes from your roots. Being natural is very low maintenance. And with the hair styles and techniques shown in the book you'll be able to see just how easy being natural is. Don't worry about what others will think, you will get more compliments than anything.

Book Information

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Customer Reviews

There's really a dearth of information about "natural" hair out there, so this book was really a great find! No matter where you are in your natural hair journey, this book has tips and pointers for you

(though it is geared toward beginners). The information about how to wash and treat your hair is really helpful. I loved that there are pictures of various hairstyles, so you can find exactly what it is that you want!

This is a very thorough book on using natural products to take care of your hair. I read a lot of Kindle books, this one is loaded with images, helpful product links and even links to websites where you can learn more about caring for your hair naturally. A good read and well worth the little that it costs.

I narrated this book because I wanted to find out how to take care of my hair better, and I also didn't want to be using a relaxer all the time. I lost some of my hair last year due to radiation treatment but it actually grew back thicker. I have been using some of the treatments in the book and I have less breakage and my hair is getting even more thicker and healthier. I go as long as I can without a relaxer, and I love doing the co-washes. Never thought to put conditioner in my hair and go and work out. This book has lots of good information for our hair. I may get some braids for the summer because I really don't have a lot of time on my hands as my schedule has gotten super crazy. But until then I will continue to use Argena's guidance for taking care of my hair.

I've had natural, chemically untreated hair for 10 years, and I got some helpful tips from this book. I found a bit of the information to be similar to what I'd already read, but for those that are newly natural, this could be a great guide. I'd definitely recommend this book to a newly natural friend, as the tips are helpful and can be used to growth healthy natural hair.

Very simple, easy and fast book to read. I think this book will be good for newbies or someone who's thinking about going natural. Information is basic and important information to know if you're new to natural or the idea of going natural

I would definitely recommend reading this book before you venture into the "Natural World"! The author is very detailed in her recommendations.

Argena's passion for helping black women care for their natural hair is evident. She's sharing the benefit of her experience to point her readers in the right direction while on their own natural hair journeys, and I applaud her efforts. She offers her followers the choice between homemade and store bought products, so everyone can find what fits in best for their needs and preferences. My

biggest problem with this book is that it was not proofread. There were so many easily preventable grammatical errors throughout the entire book. I love that e-book publishing has made it possible for many new authors to enter the market, but, if these indie authors want to be taken seriously as writers they have got to pay more attention to the quality of their communication skills. Professional writers write well, regardless of their topic.

This book is great for someone who has thick hair and I think it's more geared towards the Afro American kind of hair. Suggestions are great except my hair is too thin to do the twists that this book majors on

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