



7 Myths About Black Hair: A How To Guide on Growing Long African American Hair

Adrienne Watts

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Black women can have long hair. This book is for women of African descent who have trouble growing their hair past their shoulders. If you are relaxing your hair every six weeks, getting a trim after each relaxer and doing everything you are supposed to do but still have short hair -- then this book is for you. The fact is many black women are using the wrong relaxers, moisturizers, conditioners and styling products. Many are using too much heat and getting relaxers and trims too frequently. This book is a step by step guide on how black women who use chemical straighteners can grow their hair.

The biggest myth plaguing black women is that they can not grow their hair. This myth is widely accepted because until recently there was a lack of information about black hair. Like everything in life, no two black women have the same hair. Therefore, hair products on drug store shelves do not address the needs of most black women.

By reading this book, you will learn which hair care professionals you should visit and what information you need to know about your hair. Once you gain this information the all important hair care regimen can be established and you will be on your way to longer locks.

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