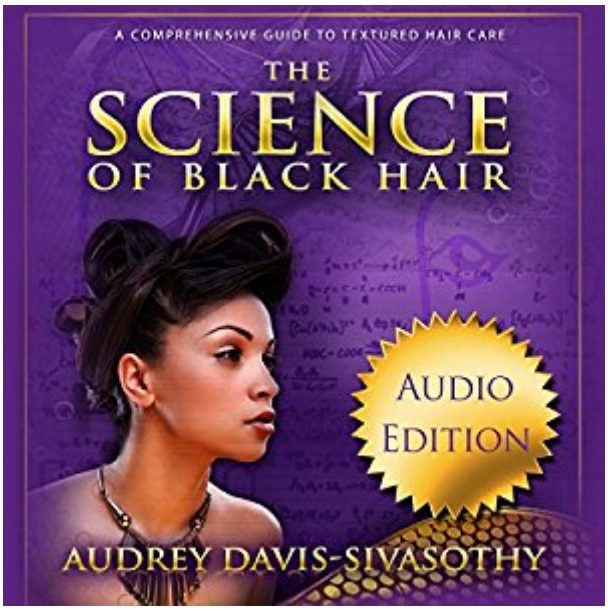
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The Science Of Black Hair: A Comprehensive Guide To Textured Hair Care



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Synopsis

The Science of Black Hair is the ultimate consumer textbook on black hair care. Technically oriented and detailed throughout, this book was written with the serious hair-care consumer in mind. Hair science, research and testimony combine in this carefully written text designed to examine black hair on a deeper level. With its light academic style, it is truly the last hair book you'll ever need. Listeners will learn how to: Maintain chemically-treated or natural hair in optimal health Stop hair breakage with a novel, protein/moisture balancing method Regulate product pH balance for shinier, more manageable hair Grow their hair longer, stronger, and healthier for life! Additional Features: Regimen Builder with extensive product listings Ingredients glossary Interviews

Book Information

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Customer Reviews

I now know that this books is the foundation for somany newer books, Websites and YouTube info. Excellent book and gave me a firm underdog how to handle my 4c hair. I now know more than most of the YouTube personalities and have the info to understand when they are wrong. As this book is a few years old, and I wish she could update with more info about current hair care products

The book has some good information, but it is excessively long and difficult to navigate when reading it on Kindle. The author used to many personal scenarios that were not helpful or needed. Women transitioning to Natural Hair only need the basics. Too long and to much unnecessary personal information. You should have just gotten to the point!

This is a wonderful book based on science that gives you a basic understanding of black hair and its characteristics. With this basic knowledge you can properly take care of your hair and leave the frustration of struggling with your hair in the past. I recommend this book to all African American women who are looking for a better way to care for there hair or any women who may have a child that is African American and wants to know how to care for there child's hair.

I enjoy reading and learning about how hair is grown in a scientific manner. Audrey teaches on how to maintain healthy hair.Audrey explains about hair care techniques, such as the proper way to shampoo and condition your hair, what hair products will work etc. Audrey's book has many guidelines to use for hair care and hair treatment. After reading her book, one shouldn't be clueless on how to manage her hair. Audrey's book solved many unanswered questions I had about what hair products I should use for my hair care regimen; I learned how to protect my hair especially my ends with the protective hair styling techniques she describes in the book. Audrey's book has helped me enjoy my hair even more so, and I can continue to receive hair care information in the comfort of my home by reading the chapters of the Science of Black Hair book. I thank you Audrey for writing this book, you helped me so much!

Love this book! It is very informative....it is a resource you will have and revisit daily during your journey to happier healthy hair. I definitely recommend it as a must read for natural hair. Audrey breaks down the dynamics of our hair and why it's unique structure must be cared for so carefully. She gives you pointers for developing a strong hair regimen and the types of products you should buy for your hair texture; she breaks down hair language and how to understand what your hair needs based the signs it's giving you. I have seen tremendous results in my hair growth and health since reading this book and I am so glad I decided to purchase it.

Over the years I've read many books on black hair care, but none as comprehensive as The Science of Black Hair. One blogger has called this book the "black hair bible" and I couldn't agree more. This is NOT a style guide, so if that's what you're looking for there are plenty of books and magazines out there for you. But, if you're like me (and so many woman) looking to dispel the myths that have caused so much damage, and understand the science behind growing strong, healthy hair, THIS is the resource for you. Ms. Davis-Sivasothy has done a masterful job in making complex scientific information interesting and accessible. How I wish I'd had this volume when I was in my

twenties! My hair journey would have been a much healthier and more satisfying experience. If you're looking for a resource that will change your hair and your life, I highly recommend The Science of Black Hair.

Great book easy read. Takes hair science and makes it easy to understand. I am a cosmetologist and I got this for my daughter to help her understand the importance of taking car of her hair. It is written in a way that will keep your interest even though it is fact filled Mumbai jumbo to all those not in the buisness of caring for hair.

First, thank you to the author for seeing the need in our community for this helpful literature, and for delivering it in a manner thats understandable to all. I have been wearing my hair natural for the past 8 years. I grew up knowing there was alot more to managing and caring for my hair but didn't know what to do or even where to begin. I knew that most mainstream products were not right or healthy for black hair but not sure which ones. This book takes out the mystery to so many questions I had. It covers topics such as: How unfiltered water in "hard water" states(like mine, Texas) damage your hair, how to follow easy everyday healthy regimens, many lists to recommend products to use for the different steps in caring for hair, the correct comb, brush or type of curlers to use according to hair texture, and even how to manage your hair in braids, for your children or (my favorite) after exercising on a daily basis. She breaks down the science of black hair while giving you examples and pictures to better help you understand the scientific jargon. I also refer back to this book about any question or concern I have about my hair and the answer is always there. I love color pictures so I purchased the color edition thats a little bit more expensive than the black and white edition. I have learned so much about black hair and I share my knowledge with my family and friends and HIGHLY recommend this book to everyone who is black, biracial, or multiracial. Thank you so much!!!

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