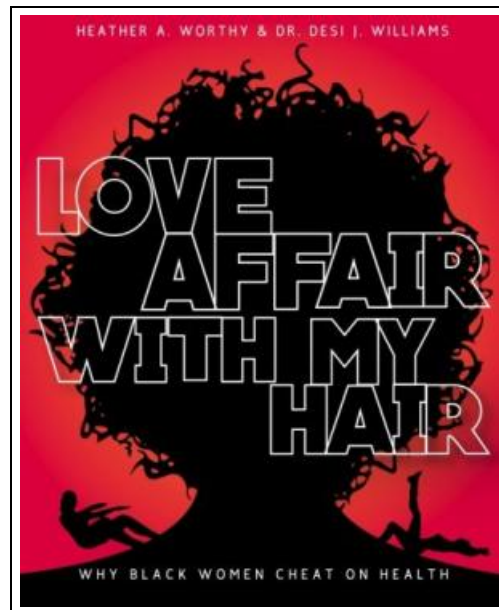


Love Affair With My Hair: Why Black Women Cheat On Health



Filesize: 4.36 MB

Reviews

This written publication is wonderful. It can be written in straightforward phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.

(Jesse Tremblay)

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 124 pages. Dimensions: 9.2in. x 7.5in. x 0.3in. I don't want to sweat my hair out! is a phrase that black women have said or heard a million times. Love Affair With My Hair is a book for black women, written by two women, who at one time or another found themselves having to choose between exercising and maintaining their hairstyles. A workable plan of action is featured in this book to accommodate the black woman's need for a healthy balance. It has been acknowledged that there is a cultural struggle with exercising, choosing the right foods and maintaining what society deems as good hair. It has existed for a long time within our communities with no real solutions until now. Love Affair With My Hair gives black women real tools to achieve a healthy balance and active lifestyle. The authors have created a systematic 12-week fitness program with short, easy pre-designed and photographed workouts which allow you to schedule your exercise routines around your hair-washing days. Additionally, they share nutrition basics and hair care tips for all types, styles and lengths of black hair. Just as important, they teach you how to create manageable, attainable goals. The Love Affair With My Hair community stays connected through Facebook, Instagram, and Twitter. This community is for support, motivation and inspiration. Women can even just check in to tell everyone how they are doing with the program! The struggle exists and our community is here to help you find real solutions to get you out of this love triangle between you, your hair and your health once and for all! This item ships from La Vergne, TN. Paperback.



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