



The Black Woman's Guide to Beautiful Hair: A Positive Approach to Managing any Hair Type and Style

Lisa Akbari Ph.D.

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No matter what style you choose, you can take care of your hair so that it:

- heals from any damage caused by heat or chemicals
- grows to its maximum length and thickness
- is soft and manageable
- is controlled by you, not the other way around!

Lisa Akbari, leading researcher into black women's hair, teaches you how to:

- tell what hair type and texture you have so you're using the right products
- shampoo and condition for the best hair possible
- use heat and chemicals safely and still keep your hair healthy and strong
- take care of your scalp to get rid of itching, flaking and dryness
- choose a salon and stylist and get the best results from them
- manage new growth and comb your hair without pain or pulling
- manage your style so it looks beautiful every day

Most importantly, you'll find out how to have a great attitude about your own hair, so you'll never have "bad hair" again.

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