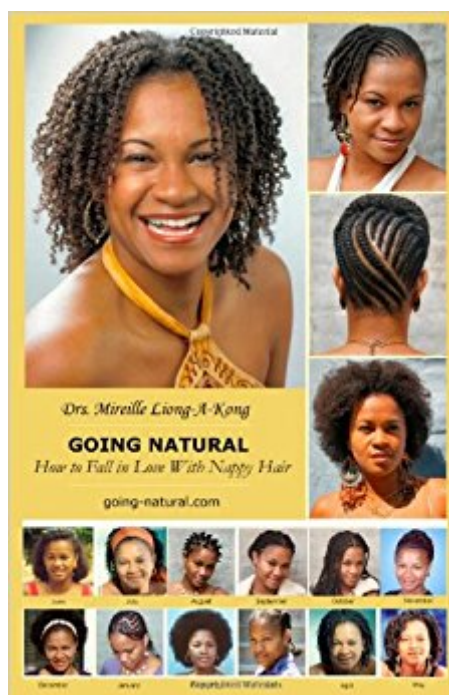


The book was found

# Going-Natural: How To Fall In Love With Nappy Hair



## Synopsis

With 73 percent of African American women suffering from hair breakage due to the use of straightening chemicals, this guide is the perfect resource to help them on their endeavor to go natural. The book not only describes the phases of this process, but also shares recipes, inspiring styles, and valuable tips to make the transition easy and rewarding. Also included are full-color photos of various hairstyles, including afros, twists, cornrows, and coils, and information on hair products, hair structure, and extensions and weaves. Have you ever considered going natural but thought it would be too hard? Try this book! Many of us are alienated from our stigmatized coils and have no clue what to do with our nappy hair. This book helps you reacquaint with your natural naps and shows you how to grow out a perm. But more than that, Going Natural makes a joy out of what you thought would be a difficult journey. Find out ~ The best way for you to go natural ~ How to enjoy your journey ~ Why your hair is breaking ~ The basics of natural hair styling ~ How to grow and groom natural hair "Black women need to celebrate their beauty and this book is a great place to start" - Patricia Gaines a.k.a Dee, founder of [nappturality.com](http://nappturality.com) "Amazingly inspiring!" - Wendy Dixon, founder of [Locc.org](http://Locc.org) visit [going-natural.com](http://going-natural.com) for support, products and additional styling options

## Book Information

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## Customer Reviews

Hair Bible, By L. Penny I have to say that for someone that didn't have no one to go to about my natural kinks, I was so happy when I recieved this book. I call it my hair bible because I feel like it

has given me hope for my hair. I'm still learning what to do with it and how it can be neat and healthy at the same time but this book has definitely help me through my journey. I was natural for 2 yrs when I got this book and I'm so happy I bought it. It was worth my 12 dollars. Every penny :)  
--.com

**A Must Have For All Naturals, By S. D. Bledsoe:** A fantastic reference guide to caring for natural hair and full of good advice and natural hair, recipes. I've fallen in love with the recipe for moisturizing spray. It utilizes inexpensive ingredients, (distilled water, vegetable glycerin, and aloe vera juice) but it works much better on my hair than most commercial products. The book also shows the variety of hair styling options available to naturals; too many of us think we are limited to a TWA or locks. Finally, it is refreshing to find a book on natural hair care in which the models are truly and not sporting weaves and/or texturizers. This allowed me to make a realistic assessment of how a finished style will look on my hair. I only wish that I had this book while I was transitioning.  
--.com

**By Joyce Toni Oliver's** Good things come in small packages! This is the best little book on natural hair care that I have ever read, and believe me I have read quite a few. Most others talk about weave care and perm care, and other products and processes that have no health value at all, but are, in reality, the root cause of hair breakage and other Black hair care problems. This book succinctly lists hair care ingredients to avoid and those to incorporate. It explains in plain and simple language why various products are damaging to Black hair and Black health. Websites are also provided for updated information and to further the discussion on health and hair. Kudos to Mirielle! Never before has anyone de-mystified and simplified Black hair care from perspective of health and natural beauty. --.com

Drs. Mireille Liong-A-Kong, a Suriname native with a Master Degree in Information Technology, is an award-winning Social Entrepreneur, author and the founder of going-natural.com. Overcoming relaxer induced alopecia, a hair loss disorder that disproportionately affects Black women, inspired Liong to devote her professional expertise to the advantage of Black Natural Hair. In this spirit Liong published *Going Natural, How to Fall in Love with Nappy Hair* and founded going-natural.com, now a leading web and social networking site tens of thousands of members. Liong is also the woman behind America's Next Natural Model, a most popular online pageant, "BAD Hair Uprooted", a traveling exhibition and a webseries named the *Going Natural Video Diaries*. In 2010 she also launched the *Going Natural Hair Care* line, available on .com and local stores.

Now, I'm pretty obsessed with discovering my hair and find a lot of these books have varying/ conflicting advice. I bought this book along with two others while looking for some answers after

having gone fully natural. First off, this book is too expensive for something that is obviously self published given the typos (there are sections that actually have her inner thoughts) and bad binding. Though I admire the author's hustle, I advise you to get it used because it's like a pamphlet. I find that the author gives a pretty solid scientific explanation as to why our naps are the way they are and what chemicals do to them. This info could probably help natural Nazis out there convert others, and help you understand how your hair's chemical history fits together. However, it's only useful if you are deeply interested in something other than hair styles. Perhaps most jarring is the section on why the natural hair is so crunchy when growing out of a scalp that has seen relaxer. The book reminded me of a term paper; an academic study on the process of going natural. It was no real use to me in terms of making home made products as [motowngirl.com](http://motowngirl.com) has the same, if not more info. This is not a must book for naturals but there are some things that are better said by the author than I've found in some other books. Still, get it used girl.\* before anyone comments on my editorial mistakes in here, remember I'm not getting paid to do this honeys !

I bought this book when I first decided to go natural and it is great read. It is full of information. It helped me to see all of the style out there that I didn't know exist. This book opened my eyes to a whole new exciting world of styles and ways to take care of my hair. There are some amazing recipes in this book for conditioning, spritzing, and rinsing your hair that are all natural and easy to make. This book enlightens you on the wonderful world of oils and how to use them in your hair. This is a wonderful gift to anyone deciding to take the natural hair journey. I love this book!

I've been transitioning from my relaxer to natural hair for about 12-weeks now, so I needed to become knowledgeable about how to care for my half relaxed and half natural hair. This book was an excellent resource for me; all the natural hair recipes such as the ACV, and the hair spritzer. It also lists products, such as, coconut oil, jojoba oil, castor oil, and rosemary oil as oils that promote healthy hair. A detailed description of the benefits of the various oils is also given. The book also goes into detail about various hair styles that can be used as your relaxer grows out. I wanted the book to also focus on hair pressing, and flat ironing; however, it does not. This book mostly promotes the use of natural, non-heat methods to care for your hair. The book is still a great resource for those like me who are new to styling natural hair. I received the Kindle edition, and the format was not the best, as the tables/graphs were not clear, and some of the words were cut off from the page. The formatting was awful. Hopefully, will reformat the kindle edition soon. UPDATE: The Kindle on PC version is much better.

Dear Mrs, Liong - Kong, My name is Glicinia, I am from two islands near to Africa Portuguese ex colony named Sao Tome and Principe but I lived in Portugal for about 10 years before to come to US. I am been in my 100% natural hair, for about 6 years, I have many friends, they would like be in natural hair, but they do not know how, as many people. I would like ask you the possibility to publish your book in Portuguese, translate. To give to them the key they need to open the door of discovery what the essence of African natural hair and be expanded in more country and language too. I am reading your book, is very helpful, and very excited to share all the information with them but most of them can not read English ( even better and that everyone read the book and the way they interpret is very personal. Could you think about this please let me know. This will be the wake up for many

Sincerely Glicinia Corbel

After doing the BIG CHOP (cutting off all of my permed hair and going natural) I was SO SCARED because I had no clue what I could do with my natural hair. I had worn perms most of my life so I couldnt remember what my natural hair was truly like...UNTIL I read this book. I got this book with a few other haircare books and each one served a different purpose for me. Going Natural was able to show me all of the things I could do with my hair: hair styles, how to transition from relaxed to natural or what to do if you've done the BIG CHOP. It also is very encouraging and inspirational for all of us that are wanting to go natural and how AA can benefit from it too!!

I have never written a review on any book. However, I felt the need to leave one for this book. This book has been extremely helpful to me in my natural haircare journey. There are very few books out there for African American women who decide to leave the commercialized haircare arena to go back to their beautiful natural self. This book helped me in securing the right products to use on my natural hair. In this day and age, with all the haircare products on the market, it can be overwhelming. I am highly impressed with this book. It packs a lot in its 110 pages. It is well worth the purchase and will take a spot on my bookshelf along side my dictionary because I know I will constantly refer back to it for the various receipes provided. It also gives a simply breakdown on the chemicals that are in a lot of hair products which helps you understand what you are actually putting in your hair. I am a happy customer and will highly recommend it to my friends who wish to go natural like I.

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Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss

Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Going-Natural: How to Fall in Love with Nappy Hair Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) 100 Tips For Hair Loss: How to Deal With Hair Loss and Assist Your Hair Growth (hair loss, hair growth, alopecia, grow hair, baldness, balding) Hair Loss Explained - Natural Solutions for Hair Loss and Premature Balding: (Natural Hair Care, Hair Loss, Scalp Treatments, Balding, Cure, Going Bald, Remedies) Happy to Be Nappy (Board Book) Happy to Be Nappy The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney Hair Loss: How it Happens and How to Fix It (Hair Loss, beauty and fashion, hair, loss, aging parents, hair growth, healthy hair) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Hair Loss: 5 Easy Steps To Stop and Prevent Hair Loss (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care) Hair Loss Solutions for Men: How to Cheat Hair Loss for Life (Hair Loss Solutions: How to Cheat Hair Loss for Life Book 1) Activities Keep Me Going and Going, Volume A (Activities Keep Me Going & Going) Grow African American Hair Long - 7 Days To Faster Growing Hair: Grow Hair Fast Methods and Natural Treatments for Balding Homemade Natural Hair Care (with Essential Oils): DIY Recipes to Promote Hair Growth, Shine & Repair (Shampoo, Conditioner, Masks, Aromatherapy, Hair Loss Treatment - 100% Cruelty Free) The Curly Hair Handbook: Natural DIY Hair Care Secrets for Black Women (African American Hair Care) Homemade Shampoo: Beginner's Guide To Natural DIY Shampoos - Includes 34 Organic Shampoo Recipes! (Natural Hair Care, Essential Oils, DIY Recipes, Promote ... Masks, Aromatherapy, Hair loss treatment) Hair Styling Guide: Hair Care For African American And Bi-Racial Children: Quickly style, grow and maintain healthier more beautiful African American and Bi-racial hair in record time. Classic Hairstyles for Men - An Illustrated Guide To Men's Hair Style, Hair Care & Hair Products Hair Loss Cure: A Revolutionary Hair Loss Treatment You Can Use At Home To Grow Your Hair Back

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