



Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong

By Teri LaFlesh

Download now

Read Online →

Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong By Teri LaFlesh

The simple secrets to growing your curls healthy and long.

Tightly curly hair isn't like any other type of hair, and it needs totally different care to make it happy.

Do you spend countless hours—and untold dollars—on weaves, perms, salon visits, and products that promise to change, heal, or make your hair more manageable, only to end up even more frustrated? Do you wrestle daily with hair you can't get a brush through? Do you struggle to keep from hurting your child when you comb through her tight curls? Would you like to grow your tightly curly hair long and healthy?

If you answered yes to any of these questions, this book was written for you. It gives you the information and techniques you need to celebrate—not fight against—your very curly hair. You will learn how not only to care for your curls, but to cherish them, all the while saving time, effort, and money.

Curly Like Me is the off-the-grid, do-it-yourself owner's manual for tightly curly hair:

- Learn how to wear your own curls in their natural curl patterns
- Over 250 photographs and illustrations
- Includes the best products, tools, ingredients, curl-enhancing hairstyle ideas, tips for growing out your perm, and more
- Shows you pain-free techniques on how to comb and style your curls or your child's curls
- Over thirty easy, curl-enhancing hairstyle ideas, tips for growing out your perm, and more
- Helps you save money by avoiding costly treatments, products, marketing misinformation, and frequent salon visits so you can enjoy your own curls without pain, chemicals, or the use of weaves or extensions
- The story (with lots of photos) of Teri's journey from hair broken by relaxers, texturizers, improper care, trying to force it to conform, and fighting her weave addiction to finally understanding her own curls. Now her natural hair reaches to her hips.

End your struggles with misunderstood, damaged hair and begin your journey to thriving natural curls. Applying the ideas and information in this book will show you how to love your hair the way it *really* is. *Curly Like Me* empowers you to take back the care of your hair so you can let your own beautiful curls shine.

Teri LaFlesh spent nearly thirty years working to find a way to make her curls happy. Not wanting anyone else to go through with their hair what she did with hers inspired Teri to create the popular Web site TightlyCurly.com and to write *Curly Like Me*.

 [Download Curly Like Me: How to Grow Your Hair Healthy, Long ...pdf](#)

 [Read Online Curly Like Me: How to Grow Your Hair Healthy, Lo ...pdf](#)

Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong

By Teri LaFlesh

Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong By Teri LaFlesh

The simple secrets to growing your curls healthy and long.

Tightly curly hair isn't like any other type of hair, and it needs totally different care to make it happy.

Do you spend countless hours—and untold dollars—on weaves, perms, salon visits, and products that promise to change, heal, or make your hair more manageable, only to end up even more frustrated? Do you wrestle daily with hair you can't get a brush through? Do you struggle to keep from hurting your child when you comb through her tight curls? Would you like to grow your tightly curly hair long and healthy?

If you answered yes to any of these questions, this book was written for you. It gives you the information and techniques you need to celebrate—not fight against—your very curly hair. You will learn how not only to care for your curls, but to cherish them, all the while saving time, effort, and money.

Curly Like Me is the off-the-grid, do-it-yourself owner's manual for tightly curly hair:

- Learn how to wear your own curls in their natural curl patterns
- Over 250 photographs and illustrations
- Includes the best products, tools, ingredients, curl-enhancing hairstyle ideas, tips for growing out your perm, and more
- Shows you pain-free techniques on how to comb and style your curls or your child's curls
- Over thirty easy, curl-enhancing hairstyle ideas, tips for growing out your perm, and more
- Helps you save money by avoiding costly treatments, products, marketing misinformation, and frequent salon visits so you can enjoy your own curls without pain, chemicals, or the use of weaves or extensions
- The story (with lots of photos) of Teri's journey from hair broken by relaxers, texturizers, improper care, trying to force it to conform, and fighting her weave addiction to finally understanding her own curls. Now her natural hair reaches to her hips.

End your struggles with misunderstood, damaged hair and begin your journey to thriving natural curls. Applying the ideas and information in this book will show you how to love your hair the way it *really* is. *Curly Like Me* empowers you to take back the care of your hair so you can let your own beautiful curls shine.

Teri LaFlesh spent nearly thirty years working to find a way to make her curls happy. Not wanting anyone else to go through with their hair what she did with hers inspired Teri to create the popular Web site TightlyCurly.com and to write *Curly Like Me*.

Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong By Teri LaFlesh Bibliography

- Sales Rank: #320485 in Books
- Published on: 2010-05-01

- Original language: English
- Number of items: 1
- Dimensions: 9.32" h x .49" w x 7.40" l, 1.08 pounds
- Binding: Paperback
- 288 pages

 [Download Curly Like Me: How to Grow Your Hair Healthy, Long ...pdf](#)

 [Read Online Curly Like Me: How to Grow Your Hair Healthy, Lo ...pdf](#)

Download and Read Free Online **Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong** By Teri LaFlesh

Editorial Review

Review

* LaFlesh, who maintains the popular web site **tightlycurly.com**, has resplendent, long curls on the cover of this informative and inspiring book for people whose hair texture is tightly curled or coiled. But as her photographic hair journey depicts, this was not always the case. She discusses the damaging hair-styling practices that she used in her quest for manageable hair, sprinkling her book with humorous anecdotes. Through research and trial and error, LaFlesh discovered a hair-care regime that works with her natural curliness, and the result is beautiful, healthy hair. She offers readers practical advice on proper tools, products, and styling techniques, avoiding caustic chemicals and heat. LaFlesh's tips on styling biracial children's hair will be a godsend to their parents. There is also a technical section on hair structure.

VERDICT The styling methods may not work for everyone, given the variance of textured hair, but this good introduction to holistic hair care will be embraced by the novice as well as the hair obsessed. Pair it with Paula Begoun's *Don't Go Shopping for Hair-Care Products Without Me* for a well-rounded beauty and grooming collection.—**Ajoke Kokodoko, Oakland P.L.** (*Library Journal*, May 1, 2010)

From the Back Cover

"Curly Like Me made me laugh, with and at my hair. It allowed me to secretly cry over a childhood spent wondering, 'why won't my curls behave, or my hair wave in the wind.' Today I embrace my texture, the unique perk of being biracial, and live for 'natural is the only way to go.' Thank you, Teri, for your book, which every girl of color with curly hair who has spent years with hot combs, chemicals, and frizz, should read."

—**Rain Pryor**, author of *Jokes My Father Never Taught Me: Life, Love, and Loss with Richard Pryor* and winner of the NAACP Theatre Award

"*Curly Like Me* is down-to-earth, fun to read, and chock-full of useful information for curly girls everywhere. Kudos to Teri LaFlesh for showing the world that curly hair can be a blessing, not a burden."

—**Lori Tharps**, author of *Kinky Gazpacho* and coauthor of *Hair Story*

"A great hair guide for coily heads that is easy to read, fun, relatable, understandable, and full of tips and advice that will make living with humid-sensitive hair enjoyable."

—**Mireille Liong-A-Kong**, founder of Going-Natural.com and author of *Going Natural: How to Fall in Love with Nappy Hair*

"You'll read this excellent how-to guide to get Teri's envious beautiful curls, but you'll love this book because you'll have Teri's gentle and endearing voice in your ear for a journey to acceptance of your curly-haired self!"

—**Heidi W. Durrow**, author of *The Girl Who Fell from the Sky* and co-host of Mixed Chicks Chat

Very curly hair isn't like any other type of hair—and it requires totally different care.

Curly Like Me is the off-the-grid, do-it-yourself owner's manual for tightly curly hair. Discover the techniques you need to celebrate your curly hair—not fight against it. In this book, you will learn not only how to care for your curls but to cherish them, while saving you time, effort, and money.

- How to wear your curls in your own natural curl pattern
- The best products, tools, and ingredients for curly hair

- How to understand your hair—a guide to curly hair structure and behavior
- More than 250 photos and illustrations
- A special chapter on pain-free curly hair care for kids

Let *Curly Like Me* empower you to take charge of your hair so you can embrace your beautiful curls and set them free.

About the Author

Teri LaFlesh spent much of her life fighting with her short, crunchy hair, once even accidentally dissolving it with a relaxer. Through nearly thirty years of trial, error, and research, she figured out what her hair needed all along. Finally understood, her natural curls now reach well past her waist. Not wanting anyone else to go through what she did with her hair, she created the popular Web site TightlyCurly.com.

Users Review

From reader reviews:

Linda Amos:

Do you among people who can't read pleasurable if the sentence chained in the straightway, hold on guys this aren't like that. This *Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong* book is readable through you who hate those straight word style. You will find the details here are arrange for enjoyable looking at experience without leaving perhaps decrease the knowledge that want to give to you. The writer of *Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong* content conveys objective easily to understand by many individuals. The printed and e-book are not different in the articles but it just different such as it. So , do you nevertheless thinking *Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong* is not loveable to be your top checklist reading book?

Joshua Rodrigue:

Reading can called head hangout, why? Because if you are reading a book mainly book entitled *Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong* your brain will drift away trough every dimension, wandering in each aspect that maybe not known for but surely might be your mind friends. Imaging each word written in a reserve then become one web form conclusion and explanation that maybe you never get ahead of. The *Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong* giving you yet another experience more than blown away the mind but also giving you useful information for your better life in this particular era. So now let us present to you the relaxing pattern the following is your body and mind is going to be pleased when you are finished examining it, like winning a. Do you want to try this extraordinary investing spare time activity?

Jason Harden:

The book untitled *Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong* contain a lot of information on the idea. The writer explains your ex idea with easy way. The language is very clear to see all the people, so do certainly not worry, you can easy to read the idea. The book was written by famous author. The author will take you in the new period of time of literary works. It is easy to read this book because you can read on your smart phone, or model, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site as well as order it. Have a nice go through.

Andrew Jefferson:

In this era globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of references to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The book that recommended to you is Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong this guide consist a lot of the information with the condition of this world now. This kind of book was represented how can the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The actual writer made some investigation when he makes this book. That is why this book suited all of you.

Download and Read Online Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong By Teri LaFlesh #9Y563KDWHIQ

Read Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong By Teri LaFlesh for online ebook

Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong By Teri LaFlesh Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong By Teri LaFlesh books to read online.

Online Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong By Teri LaFlesh ebook PDF download

Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong By Teri LaFlesh Doc

Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong By Teri LaFlesh Mobipocket

Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong By Teri LaFlesh EPub