



Girls Guide: How to Transition to Naturally Beautiful Hair

Angela D. Coleman

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Girls Guide: How to Transition to Naturally Beautiful Hair is one of several books in the Girls Guide book series.

Look around: natural hair for women is clearly the future! Author Angela D. Coleman has worn her hair naturally for over 20 years, studied the science of hair with certification from the North Carolina Board of Natural Hair Care & Holistic Science, earned certification as a loctician and managed her own natural hair studio, AHead of the Crowd.

With advice from natural hair visionaries Taliah Waajid (founder of the World Natural Hair, Health & Beauty Show) and Maria Thompson (owner of Twist & Curves), Angela writes about the current global natural hair movement, hair history, strategies to transition, natural hair care guidelines, tips for selecting the best products for natural hair, the best ways to use natural hair social media, hairstyles that promote growth, and the future of natural hair.

Whether you are thinking about transitioning from chemically treated hair to natural hair, looking for something fresh and new, or want to learn more about this global hair movement, Girls Guide: How to Transition to Naturally Beautiful Hair is a must-have for your library.



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