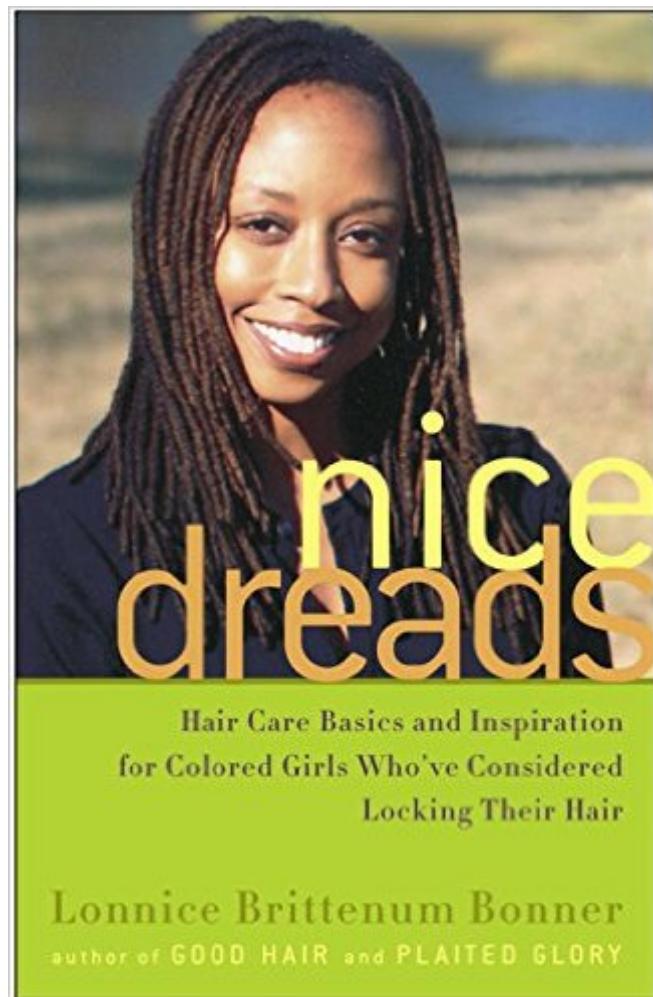


The book was found

Nice Dreads: Hair Care Basics And Inspiration For Colored Girls Who've Considered Locking Their Hair



Synopsis

Have you always admired women with flowing hair? Do you long for a wash-and-go style? In *Nice Dreads*, Lonnice Brittenum Bonner, the author of the classic *Good Hair*, shares her secrets and personal stories about dreadlocksâ "from cultivating buds to keeping those locks looking their best! Perfect for women who want dreadlocks but arenâ "t sure how to start, or for those whoâ "ve already started and want to know the best ways to keep hair healthy, *Nice Dreads* can help you grow your own lovely locks. From preparing for the haircut to everyday maintenance, Lonnice Brittenum Bonner tells you exactly what to expect, while photographs illustrate each stage of growth and showcase mature dreads in all their glory. The author (who sports locks herself) knows firsthand the challenges of caring for this hairstyle; those intimidated by a drastic cut or shy about showing off the stages of early growth will find personal encouragement from someone who knows exactly how they feelâ "and how great theyâ "ll look! Learn how to overcome your reservations and wear your style with pride.

Book Information

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Customer Reviews

Ms. Bonner once again brings humor and information together in delightful book about dreadlocks. "Nice Dreads" is a wonderful book about starting, caring for and sporting locks. Lonnice has done her homework and gives the reader info on the different types of locks, from Sisterlocks to organic locks, and everything in between. In "Nice Dreads" we also get to revisit some of the models from her other natural hair care books. "Nice Dreads" is a very enjoyable read even if you are not considering locking your hair. If you are on the fence about locking this is a great book to let you know the techniques that are available. If you are already locked there is information here for you

too. Can't wait for her next book!!!

I'm the kind of sister who has difficulty sticking with one hairdo. But, one thing I have stuck with is no chemicals, so I have the freedom to wear my hair twisted, pressed, cut and faded, or bushed. Yet, this book has inspired me to make a commitment to loc my twists! Nice Dreads is a refreshingly light read offering comforting and inspiring quips regarding our treasured tresses. Lonnice Brittenum Bonner shares good old fashion girlfriend advice and support as you learn to cope with the beginning stages of "loc'ing" as well as helpful maintenance tips for those who are currently "loc'd" in. Although, Ms. Bonner suggests that we have a "loctician" start the process, the book encourages us to become familiar with our own hair texture to achieve the look and versatility we want without daily high maintenance. Another refreshing feature is that Ms. Bonner encourages physical fitness such as aerobics, swimming, and yoga for tranquility as you find new freedom (and no excuses) from worrying about ruining your hairstyle while staying on your fitness regimen. This book is a fun read as it promotes healthy attitudes toward the essence of natural beauty from head to toe.

I am contemplating dreads but knew nothing of the process. This book gives a start to finish description from how to start dreads, to how to care for them, some products to use on your hair, how to repair damage to your dreads, and hair coloring concerns. The book provides overall inspiration for those thinking about starting the process and gives good advice for those that already have dreads. (The book was highly recommended by someone who has had her dreads for 13 years). The book is small so it doesn't cover all the ways of starting dreads for instance, however, I found it complete, easy to follow, and a down-to-earth honest read about locking one's hair.

This book was a very easy read. I finished it in a few hours. I have had loced hair for 3 years and have been doing my own hair for nearly 2 1/2 years. The information on staying away from beeswax products was informative and great for anyone starting locs. The rest of the information was interesting but not new. This book is geared towards anyone considering locs and is less appealing for those who have already loced their hair.

i've had locs for over 4 years and natural hair for a couple of years before that but i still enjoyed this book. since there wasn't a lot of printed info on natural hair when i went natural back in 99 so i got in the habit of clipping articles and buying books on the topic so for me this is a good addition to my collection. i did learn a few new things and it is overall good reinforcement if you already have locs

and it is good info for those considering locs or for those that are newly loced and that don't have a lot of good support/advice from someone already loced. the book isn't that expensive so i say support an author that writes about natural hair care.

This book was very helpful for starting my son's dreads. It gives you the information you need to get started with step by step instructions and a list of products you should use. The author also gives you some personal insights into why or why not you should chose dreads. Great book. Easy read.

I just want to say that this book has been extremely helpful. I just started to lock and many of my questions were answered. I am glad that I will be saved from making a lot of mistakes with my locks simply because of the good advice in this book.

This book was very helpful! I needed specific ideas on how to get started. This book helped me with common questions and all the basics of locking hair.

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