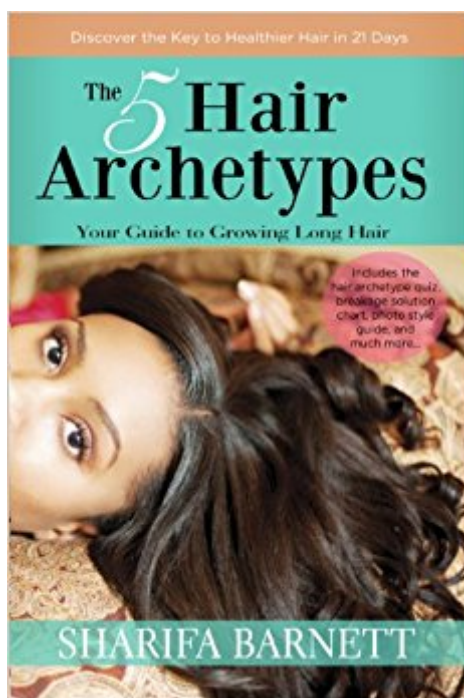


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The 5 Hair Archetypes: Your Guide To Growing Long Hair



Synopsis

The book has COLOR photos, flow charts, QR codes to video tutorials, text boxes and much more! In *The 5 Hair Archetypes*, Sharifa Barnett details the innovative model for understanding your hair based on your current routine. The hair archetypes, or hair personalities, categorize women based on their hair habits, and share anecdotal stories of real women and Sharifa's own experience as that archetype. You can take *The 5 Hair Archetypes Quiz* to identify your current archetype. Sharifa dispels the most common hair myths and challenges you to reconsider your explanations for not having the hair of your dreams. This book also provides practical information for building a regimen that will yield results in 21 days, including: - Suggested regimen for each archetype, - Discussion on common hair problems and simple solutions, - A guide on properly using extensions to retain length, and much more! *The 5 Hair Archetypes* takes a comprehensive, systematic approach to hair care that will teach you how to achieve your hair goals.

Book Information

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Customer Reviews

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This book is a pleasure to read. It is informative, encouraging and empowering. Sharifa does not mince words about the misconceptions held about black hair. She clearly dispels these ideas with compelling scientific facts and explanations, well-documented personal evidence, and relatable anecdotes. She clears the air about why hair behaves the way it does and then goes into how you can change what you are doing to get the hair you want. The interactive format of this book drives introspection on current ideas and behaviors and encourages the reader to reflect on how to achieve future goals. She presents information on a variety of hair types without judgment or favoritism. Her concise explanations of ingredients and science concepts behind why products do or do not work allow the reader to be a more discriminating consumer. She enhances the reader's understanding by integrating multimedia presentations that include discussion and videos found at her blog and youtube. The Hair Archetypes are a fabulous, unique way of looking at a woman's hair habits. This book takes hours/days/weeks of research and trial and error and puts that information in one place. She then takes it to the next level by suggesting what to do to achieve your hair goals and how to combat common challenges you might meet along the way. This is an amazing, comprehensive book written with love and admiration for all that is black hair.

As someone who is a fan of good literature and an advocate of healthy hair, this book offered the best of both worlds. I bought Barnett's book a few days ago and cannot put it down! The author is well versed and knowledgeable about the topic and it is evident in how structured and developed the text is. This is one of the best hair care books I've read, hands down. There's no gimmicks, no expensive products to buy, but it is instead a plea to women of color to change the way we think about our hair. I am a woman with natural hair and I often find hair care blogs and text to be much too weighed down with opinion and anecdote, which is not beneficial in my own personal hair journey. Barnett's book on the other hand provides footnoted facts about products, dispels myths and offers advice she has learned over time. I was anxious to begin my hair journey toward longer, healthier hair, and I started immediately after I finished the book. The advice is straight forward and practical. It does not call for revamping much more than your mentality. The advantage of "The 5 Hair Archetypes" is the fact that Barnett allows the reader to work with her current lifestyle, helps her

to identify what category she falls within, and how to manipulate that archetype to maximize results. Every woman and her journey will inevitably be different, and Barnett takes this into consideration. Barnett, based on the reading, is a woman who does relax her hair, but she does not advocate or suggest all her readers to do the same. She obviously wants her audience to achieve healthy, long hair regardless if it is chemically relaxed or natural. It is in this way that she offers an universal approach to growing long hair; she does not isolate readers as other hair care manuals do (I know because I have read many of these, but I digress). Anyway, I took the quiz and concluded I am a "Gadget Gal"- I have soft, extremely curly, shoulder length hair that I love to wear straight. I've always had long hair, but when I started college and began bleaching and relaxing my hair, I experienced set backs in retaining length that I now hope to reverse. I now no longer relax or color my hair, but I alternate between wearing my hair curly and straightening it. I live in an area that experiences very humid temperatures and because of this, I realized I am constantly applying heat, and manipulating my locs in order to straighten and maintain my style. Once I realized this, the rest of my reading was tailored to researching this archetype. And the same will be true for women within each of the 5 archetypes. I believe this book works because it does not lump its readers together. Barnett does not operate under the assumption that her exact hair routine will work for everyone, and she explains this, but she offers tips that are universal and very specific notes about products, tools and chemicals. If you are someone who has a goal of growing her hair, this book is for you. If you believe in quality hair care, you should buy this book. If you're like me and are looking for a new approach to maintaining your hair, do yourself a favor and read this book. Make a commitment to starting a regimen and seeing it through. I took pics of my hair, recorded my goals and hope to see results soon!

This book was a gift from my boyfriend and I absolutely love it. Hair is a delicate subject for women, specially black women. Sadly we've grown with the belief that our hair would never grow as long as other people. In Latinamerica we don't have lots of products or literature to guide us. The products found on stores are for other type of hair so it makes it difficult almost impossible to take good care of it. It takes me back to every stage of my life and if I knew what I know now my hair would be much better but after reading I have hope. Yes, it's hair it shouldn't be that important people say but I think having a healthy hair it's just a self esteem booster. I would love if you consider translating this book, there so many black women in Latinamerica that would benefit from your tips, specially cause we're slaves to the blow dryers and flat irons plus in our countries being "natural" is not well accepted. I truly recommend this book. Elena Christinne.

Barnett's book gave a refreshing thought process by asking the reader to consider what their hair habits are when taking care of their hair. Her approach is certainly different from a focus on product alone to achieve hair growth. The suggested regimens and the discussion on common hair problems and solutions are very helpful. I have several books on hair care in my library that I use frequently. The 5 Hair Archetypes: Your Guide to Growing Long Hair will definitely be used as a go-to reference. I will also recommend it to friends.

I purchased the Kindle version. This author really explains step by step on how to take care of hair. I like how she includes her own experience in her hair journey. I have not completed the book yet but I am following a lot of her methods. What I really love is how with the kindle version I can click the link right to her youtube page as she explains a hair procedure in her book. I am a visual learner. For example when she explained how to deep condition the hair, I was able to click on the link that took me to the page where she showed me how she deep conditioned her hair. It's a plus to not only read what she says but to actually see it. I am so glad I got this book. It was well worth my money.

I've read three other black haircare books (ordered through) and this is first on my list so far, as being the most informative and well written. I bought the Kindle edition which also allowed for viewing of the author's videos and demos on You Tube via direct link on my Kindle. It was well worth the purchase.

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