



Black Girls Can Grow Naturally Long Hair

Sophia Taylor

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Ever since she was a little girl growing up in Jamaica, author Sophia Taylor hated her hair. She disliked the texture of it, the look of it, and all the labor of trying to change it. She was so miserable she often buried her real hair in wigs, weaves, and extensions. But she discovered a way to enjoy her natural hair and its beauty. In Black Girls Can Grow Naturally Long Hair, Sophia Taylor shares a step-by-step process for growing and caring for naturally long hair. Using her personal experiences, she tells how she battled her "bad" hair and how she devised a way to increase her hair's length and keep it healthy, the way nature intended. Black Girls Can Grow Naturally Long Hair presents a strategy for finding your way to natural beauty with natural hair. Sophia Taylor discusses how your natural beauty and charm can grow from deep within, just like your hair.



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