



# Your Natural Hair Journal: The First Year

*Cheryl Simms*

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## **Your Natural Hair Journal: The First Year** Cheryl Simms

Your Natural Hair Journal is perfect for women beginning the transition from relaxed to natural hair. Natural hair resources including transitioning tips, helpful blogs, websites, videos, and product suggestions are included throughout the book. The colorful 12 month journal includes guided questions to help you explore and understand your relationship with your hair, monthly hair activities to keep you on track, encouraging messages from hair icons, ways to deal with negative comments, overcoming setbacks, celebrating successes and other inspirational topics to keep you motivated. Don't spend countless hours and money searching for products and information. Your Natural Hair Journal has everything you need to reach your goal of having healthy natural hair.

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