



Love Affair With My Hair: Why Black Women Cheat On Health

By Ms. Heather A. Worthy

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 124 pages. Dimensions: 9.2in. x 7.5in. x 0.3in. I don't want to sweat my hair out! is a phrase that black women have said or heard a million times. Love Affair With My Hair is a book for black women, written by two women, who at one time or another found themselves having to choose between exercising and maintaining their hairstyles. A workable plan of action is featured in this book to accommodate the black woman's need for a healthy balance. It has been acknowledged that there is a cultural struggle with exercising, choosing the right foods and maintaining what society deems as good hair. It has existed for a long time within our communities with no real solutions until now. Love Affair With My Hair gives black women real tools to achieve a healthy balance and active lifestyle. The authors have created a systematic 12-week fitness program with short, easy pre-designed and photographed workouts which allow you to schedule your exercise routines around your hair-washing days. Additionally, they share nutrition basics and hair care tips for all types, styles and lengths of black hair. Just as important, they...



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