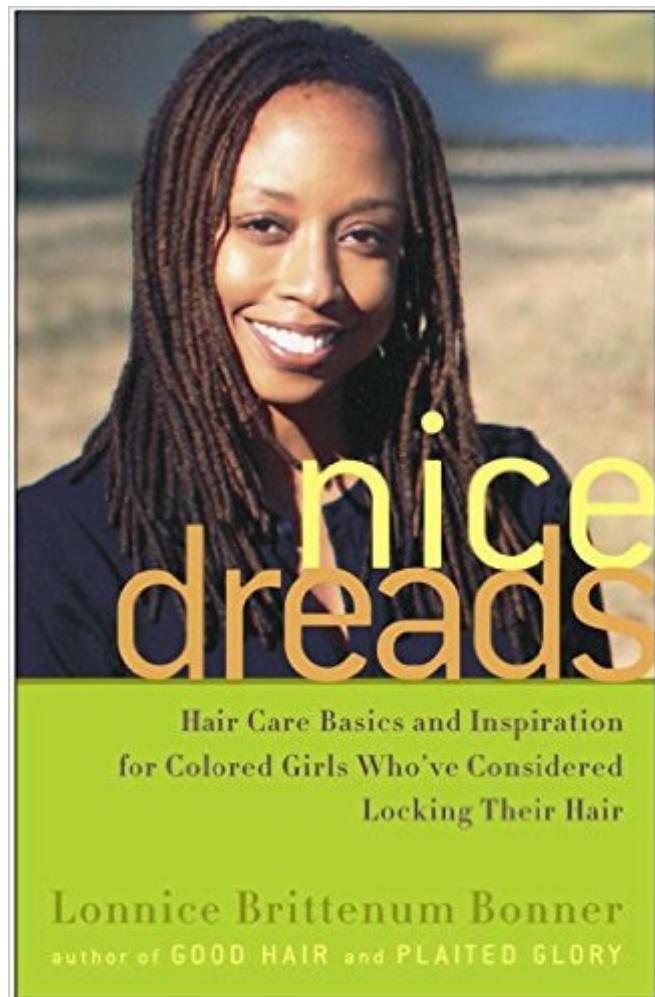


The book was found

# 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**

Paperback: 144 pages

Publisher: Harmony (February 22, 2005)

Language: English

ISBN-10: 140005169X

ISBN-13: 978-1400051694

Product Dimensions: 5.2 x 0.3 x 8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (54 customer reviews)

Best Sellers Rank: #402,134 in Books (See Top 100 in Books) #15 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Hair

## **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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Nice Dreads: Hair Care Basics and Inspiration for Colored Girls Who've Considered Locking Their Hair Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Plaited Glory: For Colored Girls Who've Considered Braids, Locks, and Twists Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney For Colored Boys Who Have Considered Suicide When the Rainbow is Still Not Enough: Coming of Age, Coming Out, and Coming Home Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) Hair Loss: How it Happens and How to Fix It (Hair Loss, beauty

and fashion, hair, loss, aging parents, hair growth, healthy hair) How to Cure Baldness and Prevent Male Hair Loss (Mens Hair Loss, Propecia, Minoxidil, Receding Hair Line, Hair Regrowth, male pattern baldness, mens hair) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) NATURAL HAIR SCALP REGENERATION - STOP hair loss and regrow hair very FAST GUARANTEED: YOUR LAST CHANCE TO REGROW YOUR HAIR NATURALLY Homemade Natural Hair Care (with Essential Oils): DIY Recipes to Promote Hair Growth, Shine & Repair (Shampoo, Conditioner, Masks, Aromatherapy, Hair Loss Treatment - 100% Cruelty Free) Classic Hairstyles for Men - An Illustrated Guide To Men's Hair Style, Hair Care & Hair Products Hair Loss Solutions: Understand, Prevent and Regrow your Hair-Keep Yourself Looking Younger for Longer(Hair Loss Treatment and Prevention) Hair Loss: The Ultimate Resource of Tried and Tested Solutions for Hair Loss and the Maintenance of Healthy Hair How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs Back On Track - Fighting Hair Loss At Home, How To Prevent And Cure Hair Loss Using Home Remedies, Grow Your Hair Thicker Naturally!

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