Preface MY APPRECIATION, APOLOGY, AND CONFUSION

The author describes his experience with relaxers and curly perms.

2 pages, 1 illustration.

Chapter 1 INTRODUCTION

Discover the primary reason one cannot accept the perfect nature of

natural, coily hair.

2 pages, 2 illustrations.

Chapter 2 CRISES

This condition affects almost ninety seven percent of people with

natural, coily hair.

3 pages, 3 illustrations.

Chapter 3 HAVOC PROCESS

Learn about the health, beauty, and economic destruction surrounding

relaxing and curly-perming services.

2 pages, 2 illustrations.

Chapter 4 PHYSICAL DESTRUCTION

Obesity, dermatitis, cancer, and sensitivities: the byproducts of relaxing

and curly perming natural, coily hair.

2 pages, 2 illustrations.

Chapter 5 **EVIDENCE**

Medical and scientific proof of the destructive power of relaxers and curly

perms.

6 pages, 6 illustrations.

Chapter 6 **DOUBTING THOMASES**

Common sense and actual cases support the destructive powers of

relaxers and curly perms.

7 pages, 9 illustrations.

Chapter 7 **DESTRUCTION: HOW AND WHY**

Explaining how and why the destruction has gone unchecked,

unregulated, and unknown. Also discover how relaxers and curly perms

affect the health of children.

5 pages, 5 illustrations.

Chapter 8 **EMOTIONAL DAMAGE**

Using relaxers and curly perms will cause frustration, anger, regret, and

depression.

5 pages, 5 illustrations.

Chapter 9 A SOCIETY NOT AT REST

The destructive powers of relaxers and curly perms pervade family relationships, cosmetology and barber schools, haircare professionals, advertising and glamour companies, and friendships among women.

7 pages, 7 illustrations.

Chapter 10 FINANCIAL DRAIN AND TIME CRUNCH

Expect to invest great sums of money and time maintaining relaxed and curly-permed hair.

2 pages, 1 illustration.

Chapter 11 HAIRSTYLING ALTERNATIVES

Natural hairstyling saves money and time.

2 pages, 2 illustrations.

Chapter 12 MONEY AND TIME

Money and time should strongly determine the choice of natural

hairstyle.

1 page, 1 illustration.

Chapter 13 THEN AND NOW

The history of Afros and Hairlocks.

5 pages, 4 illustrations.

Chapter 14 GREAT HEALTH AND BEAUTY, FOREVER

Seven steps to recover from the ill-effects of using relaxers and curly perms.

6 pages, 4 illustrations.

Chapter 15 A BALD HEAD?????DO IT!

Certain conditions make bald hairstyling the best choice.

4 pages, 1 exhibit, 5 illustrations, 19 photographs.

Chapter 16 CHANGING YOUR CHARACTER

Following a beauty regimen requires a change in mindset, makeup,

skincare, and will.

7 pages, 5 illustrations.

Chapter 17 BECAUSE GOD SAYS SO....NO WAY!

Wearing Afros and Hairlocks do not violate God's instructions about

appearance and hairstyling.

3 pages, 3 illustrations.

Chapter 18 WHAT ABOUT THESE BIBLICAL VERSES

Additional proof God does not disapprove of Black women wearing

Afros, Hairlocks, and bald heads.

7 pages, 1 illustration.

Chapter 19 SPEAKING OF VERSATILITY

Your demand for great styling versatility speaks poorly of you.

2 pages. 1 illustration.

Chapter 20 PROPER BLAME

Guess who stands guilty of natural, coily hair not receiving its well-

deserved praise?

6 pages, 4 illustrations.

Chapter 21 **EXCUSED BLAME**

Avoiding beauty fantasy victimization remains your most formidable

beauty challenge.

6 pages, 7 illustrations.

Chapter 22 WHITE PARENTS: NATURAL, COILY HAIR GROOMING MADE

SIMPLER

Six mistakes White parent should avoid to successfully groom natural,

coily hair.

13 pages, 3 illustrations.

Chapter 23 YOUR EMPLOYER AS YOUR SCAPEGOAT

Black women must share some blame for discriminatory workplace

dress codes existing today.

5 pages, 1 illustration.

Chapter 24 IF ONLY HE HAD THE FACTS

The information men need to accept and support natural hairstyling.

4 pages, 3 illustrations.

Chapter 25 CLOSE TO DECISION TIME

A summary of responses to intimate hair concerns.

20 pages, 12 illustrations, 2 photographs.

Chapter 26 MAKE THE DECISION, TODAY!

A call for making natural haircare and lifestyle decisions, today!

2 pages, 5 illustrations.

EXHIBIT 1: OFFENSIVE REFERENCES

Disparaging terms for describing natural, coily hair.

3 pages, 2 illustrations.

EXHIBIT 2: RECOMMENDED DESCRIPTION

Words best describing natural, coily hair.

3 pages, 1 illustration.

EXHIBIT 3: ANNUAL COST COMPARISON

Maintenance costs: Afros versus Hairlocks.

1 page, 1 illustration.

EXHIBIT 4: ANNUAL MAINTENANCE COST SUMMARY

Summarizing the cost to maintain four hairstyles.

1 page, 1 illustration.

EXHIBIT 5: ANNUAL COST COMPARISON

Maintenance costs: Braids versus Hairlocks.

1 page, 3 illustrations.

EXHIBIT 6: ANNUAL MAINTENANCE COST SUMMARY

Maintenance costs: A bald head versus four other hairstyles.

2 pages, 1 exhibit, 3 illustrations.

EXHIBIT 7: COSMETIC PRODUCTS CATEGORIZED BY FUNCTION AND

PURPOSE

Cosmetic products by category, function, and purpose.

3 pages.

EXHIBIT 8: COSMETIC PRODUCT INGREDIENTS

Listing of cosmetic product ingredients and their functions.

3 pages.

BIBLIOGRAPHY AND RECOMMED READING

6 pages, 1 illustration.

FOOTNOTES

3 pages, 1 illustration.

INDEX.

6 pages, 2 illustrations.