

# TABLE OF CONTENTS

- 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.**

# TABLE OF CONTENTS

- 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.**

# TABLE OF CONTENTS

- 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.**

# TABLE OF CONTENTS

- 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 RECOMMENDED READING **6 pages, 1 illustration.**
- INDEX. **6 pages, 2 illustrations.**
- FOOTNOTES **3 pages, 1 illustration.**