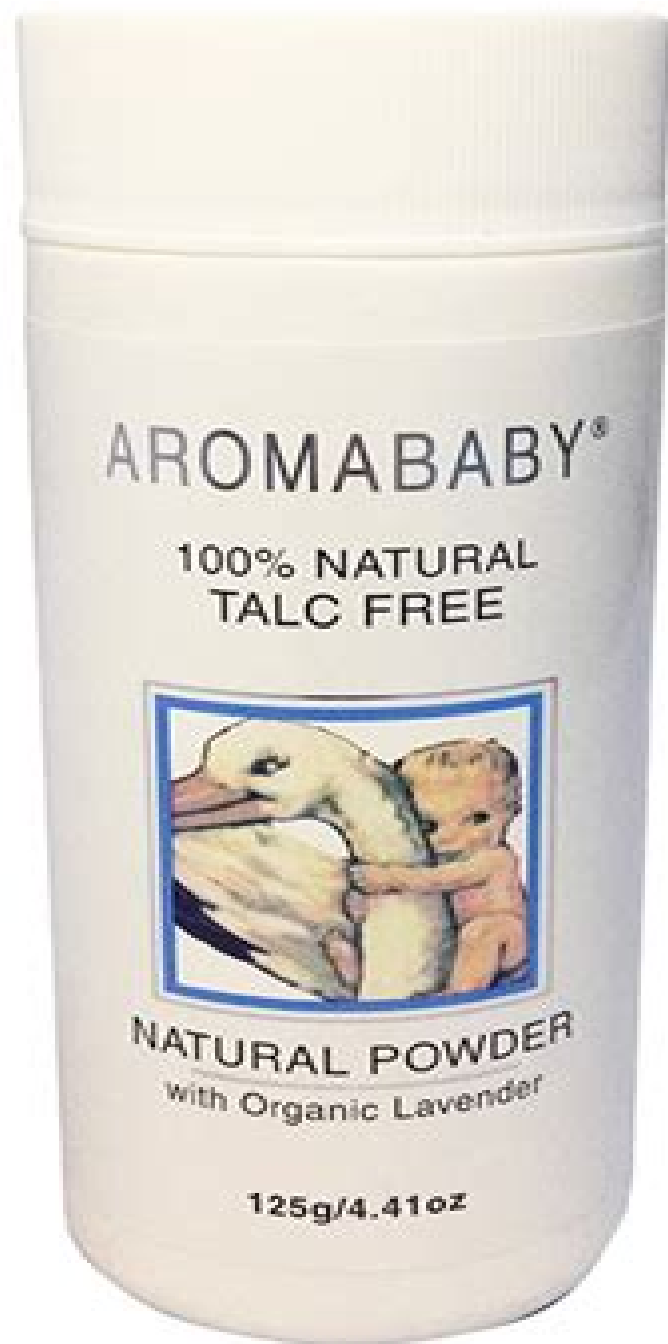




Naturally Nappy

Reverdia 'da River Trammell

Naturally Nappy:

The Journey of a Woman's Heart Reverdia 'da River Trammell, 2011-08-04 Reverdia the River Woman since 1999 called the StoryTeller Poet Born and raised in Los Angeles daughter of a master Jazz musician and a divinely eclectic mother she is by all definitions a Poet inspired and refined by her journey and influence of the Leimert Park Village World Stage Anansi Writers Workshop community She is mother prophet poet Shaman healer This book belongs on your shelf between Kahlil Gibran and Maya Angelou on the table next to your bed with you throughout your day Once you commune with this collection of poetry you won't want to be without this life companion reference Write in it Make notes in the margins Draw in it But just enjoy the journey

Convicted Love Kristee L. Jordan, 2011-06-13 Guilty innocent or simply a victim of unfortunate circumstances In a southern little town in North Carolina Micah Bean struggles to understand her mother's sins As a child being raised by her Grandma Bean the practice of forgiveness was constantly preached Micah hated being the daughter of the town drunk and her hardened heart would not allow her to forgive her mother But when Cherish a new student moves into town a new friendship is quickly formed and Micah's heart is finally softened When Grandma Bean is forced to leave town for the weekend she allows Irish to take care of Micah Initially Micah is unwilling to spend an entire weekend alone with Irish due to their estranged relationship It is only when Grandma Bean allows Micah to have her new friend Cherish stay over for a slumber party that Micah agrees to the arrangements But Irish is up to her old tricks and invites her drug dealer boyfriend Woody to the home for some toxic company What was initially intended to be a time of bonding between mother and daughter ends up a tragedy by the next morning leaving one person dead and the other convicted of murder

Natural Beauty Leslie DuBois, 2014-09-21 Over the next year can Mahogany Brown learn to love herself and her hair Damaged Stressed Out of control Those words could describe not only Mahogany's hair but her love life When she realizes that she has spent the last seven years being someone she's not in order to please her man she decides it's time to take control and find out who she really is Join Mahogany's journey of self discovery through her hair This novella blends fact and fiction as it relates real life advice and tips for the newly natural sister

Aromatherapy for Natural Health Judith White, Karen Downes, 2011-06-15 Aromatherapy for Natural Health is an ideal and comprehensive source of reference for every home Safe and effective remedies will assist in the relief and prevention of a number of common ailments from acne and arthritis to varicose veins and warts The easy to follow alphabetical format identifies essential oils methods of use and ailments and assists you in using the healing force of nature at home and in the workplace Complementary natural therapies which work in harmony with aromatherapy are also included Discover a wealth of optimum natural health options

Be a Greener Parent Lynoa Cattnach, 2010-10-29 Be a Greener Parent Teach Yourself gives a parent all the information they need to make informed choices about how to bring up their child in an ethical environmentally conscious manner It goes beyond the immediate concerns of washable vs disposable nappies to provide an all round approach to a

balanced ethical family and domestic life It covers everything from pregnancy through childbirth and beyond and features plenty of advice on how to make ethically informed choices about education travel and even issues such as how much clothing and how many toys does your child really need The approach is centred firmly on a realistic vision of ethical parenting and offers parents a system whereby they can either make wholly green choices or can opt for a more convenient and practical approach with a minimum of effort These unique Green Box Guides in addition to the substantial resources and bibliography featured make this a comprehensive yet accessible handbook for all those who want to take a more ethically aware approach to their family

NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started

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EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of environmentally friendly parenting

THINGS TO REMEMBER Quick refreshers to help you remember the key facts

A Slightly Better World Bob Rockwell, 2014-08-12 Two Philadelphia detectives become unlikely partners in the tough 25th district Enoch Buck Rogers a young rookie from a privileged life in Philly s prestigious Main Line and Luciano Luca Borrelli a seasoned cigar chomping goombah a la The Sopranos Buck s life is less than ideal He s recently divorced the relationship with his parents is at best strained and his new lieutenant is always on his back The two joys in his life are his job and his former partner in uniform and current lover La Teesha a black policewoman who takes not only her job seriously but also gourmet food and bedroom antics As for Luca he befriends and delights everyone he meets His cell phone rings seemingly nonstop and Buck can t help but believe his new colleague knows virtually everyone in Philadelphia I hope you enjoy the story and how these two partners in crime bond and pledge to make this a slightly better world

Hurry La Teesha just opened a bottle of 2009 Chateau Malartic Lagraviere Bordeaux

God and Blackness Andrea C. Abrams, 2014 Blackness as a concept is extremely fluid it can refer to cultural and ethnic identity socio political status an aesthetic and embodied way of being a social and political consciousness or a diasporic kinship It is used as a description of skin color ranging from the palest cream to the richest chocolate as a marker of enslavement marginalization criminality filth or evil or as a symbol of pride beauty elegance strength and depth Despite the fact that it is elusive and difficult to define blackness serves as one of the most potent and unifying domains of identity

God and Blackness offers an ethnographic study of blackness as it is understood within a specific community that of the First Afrikan Church a middle class Afrocentric congregation in Atlanta Georgia Drawing on nearly two years of participant observation and in depth interviews Andrea C Abrams examines how this community has employed Afrocentrism and Black theology as a means of negotiating the unreconciled natures of thoughts and ideals that are part of being both black and American Specifically Abrams examines the ways in which First Afrikan s construction of community is influenced by shared understandings of blackness and probes the means through which individuals negotiate the tensions

created by competing constructions of their black identity Although Afrocentrism operates as the focal point of this discussion the book examines questions of political identity religious expression and gender dynamics through the lens of a unique black church

Natural . The Beautiful 'N' Word Richard Jones,2007-02 Natural The Beautiful N Word Breaking the Psychological Bondage of the American Standard of Beauty The American standard of beauty is an optical illusion that has mesmerized the world Artificial hair and makeup in the hands of a beautician is equivalent to a deck of cards a top hat and a magic wand in the hands of a magician The multibillion dollar beauty industry has successfully proven that the hand is quicker than the eye Hypnotically the public applauds the deception Most women even some little girls are addictive users of the hair and cosmetic charade yet few know its history Most women were convinced in childhood by subliminal messages in the media that their natural hair and facial features were substandard Ultimately acquiring the acceptance and applause from a well trained public became a subconscious ritual No civilized race or nationality is exempt This book exposes secrets and facts about the American standard of beauty rarely revealed such as The untold truth about artificial hair Why natural beauty is heavily discouraged The cosmetic conspiracy A totally natural method of growing nappy hair What are Sisterlocks and who is its creator

The Truth about the Human Hair Industry Alix Moore,2013-08-15 This book is a must read for anyone who is interested in setting up their own human hair distribution company and for those ready to learn how to manufacture their own line of human hair Alix gives great insight into how India China and Korea has monopolized the market and how we can take it back

Natural Chelsea Mary Elise Johnson,2024-10-15 How Black women celebrate their natural hair and uproot racialized beauty standards Hair is not simply a biological feature it s a canvas for expression Hair can be cut colored dyed covered gelled waxed plucked lasered dreadlocked braided and relaxed Yet its significance extends beyond mere aesthetics Hair can carry profound moral spiritual and cultural connotations serving as a reflection of one s beliefs heritage and even political stance In Natural Chelsea Mary Elise Johnson delves into the complex world surrounding Black women s hair and offers a firsthand look into the kitchens beauty shops conventions and blogs that make up the twenty first century natural hair movement the latest evolution in Black beauty politics Johnson shares her own hair story and amplifies the voices of women across the globe who after years of chemically relaxing their hair return to a natural style Johnson describes how many women initially transition to natural hair out of curiosity or as a wellness practice but come to view their choice as political upon confronting personal insecurities and social stigma both within and outside of the Black community She also investigates natural hair entrepreneurs who use their knowledge to create lucrative and socially transformative haircare ventures Distinct from a politics of respectability or Afrocentricity Johnson s argument is that today s natural hair movement advances a politics of authenticity She offers going natural as a practice of self love and acceptance a critique of exclusionary economic arrangements and an exploitative beauty industry and an act of anti racist political resistance Natural powerfully illustrates how the natural hair movement is part of a larger social change among Black

women to assert their own purchasing power standards of beauty and bodily autonomy

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