



# Locs for Life: The Root to Well Being for African-American Women

*Kalimah Johnson*

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# Locs for Life: The Root to Well Being for African-American Women

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## **Locs for Life: The Root to Well Being for African-American Women** Kalimah Johnson

Have you ever thought about locking your African textured/type hair? Are you afraid what others will say or think about you? Do you need a guide to help you through the process? Do you already have Locs/Locks/Dreads and need style/care ideas or encouragement from other sisters who have? If you have answered yes to any of these questions then "Locs For Life: The Root to Well Being for African American Women" is the book for you! It is an easy read with a plethora of stories outlining the journey of hair locking. Topics such as colorism, racism, beauty standards and other social issues are candidly discussed by the writer. What is most unique about this book is that the writer prepares you for the emotional/spiritual aspects of hair locking. Kalimah Johnson is Masters Level Social Worker and uses those tools to discuss this topic from a sensitive and comprehensive standpoint. Her expertise and courageous efforts will provide you with all the tools, power and knowledge you will need to inspire you to wear your hair out in the world "as is".

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