Good Hair Days A Personal Journey With The American Tribal Love Rock Musical Hair

From the favorites of Tin Pan Alley to today ' s international blockbusters, the stylistic range required of a musical theatre performer is expansive. Musical theatre roles require the ability to adapt to a panoply of characters and vocal styles. By breaking down these styles and exploring the output of the great composers, Songwriters of the American Musical Theatre offers singers and performers an essential guide to the modern musical. Composers from Gilbert and Sullivan and Irving Berlin to Alain Boublil and Andrew Lloyd Webber are examined through a brief biography, a stylistic overview, and a comprehensive song list with notes on suitable voice types and further reading. This volume runs the gamut of modern musical theatre, from English light opera through the American Golden Age, up to the "mega musicals" of the late Twentieth Century, giving today ' s students and performers an indispensable survey of their craft.

Good Hair is more than a guide to having good hair without relying on harsh treatments and chemicals; it is a funny, folksy, personal, and very wise reflection on the powerful role that hair can play in creating a positive self-image. 33 black-and-white photographs.

For any woman who last saw forty on her speedometer comes a sparkling new primer for aging–the French way–with grace and style. Frenchwomen of a certain age (over forty) are captivating and complex. They appear younger than their years and remain stylish throughout their lives. They look at birthdays as a celebration of a life well-lived and perhaps a good reason to go shopping before they dress to perfection for a celebration of another anniversaire. American-born journalist and blogger Tish Jett has lived among the French for years and has studied them and stalked them to learn their secrets. Exploring how their wardrobe, beauty, diet, and hair rituals evolve with time and how some aspects of their signature styles never change, Jett shows how Frenchwomen know their strengths, hide their weaknesses, and never talk about their fears, failures, or flaws. After all, in France, beauty, style, and charm have no expiration dates!

By presenting a holistic and integrated health and wellbeing approach to personalised care through wellness coaching, this handbook provides theory, insights, best practice, case studies and CPD activities in order to deepen practitioners' knowledge and experience. Integrative wellness is about working in collaboration and is a partnership between the professional and the patient with the latter understanding that they can take as much control as is possible for their own health and wellbeing. This book helps form this collaboration by exploring the co-creation of personalised care plans, effective coaching skills and cognitive-behavioural interventions including motivational coaching for patient activation, as well as flexible ways to provide wellness coaching. Exploring how the mind-body connection can improve the patient's journey, Integrative Wellness Coaching is an invaluable guide for any healthcare practitioner who wants to embrace their patients' lifestyle choices and mindsets towards their own health.

Songwriters of the American Musical Theatre

Reframing the Musical

The Crafter's Devotional

Race, Culture and Identity

Improving Your Fundamental Communication Skills

Fashion: Exploring Critical Issues

A Personal Journey With The American Tribal Love-rock Musical Hair

Bobs, beards, blondes and beyond, Hair takes us on a lavishly illustrated journey into the world of this remarkable substance and our complicated and fascinating relationship with it. Taking the key things we do to it in turn, this book captures its importance in the past and into the present: to individuals and society, for health and hygiene, in social and political challenge, in creating ideals of masculinity and womanliness, in being a vehicle for gossip, secrets and sex. Using art, film, personal diaries, newspapers, texts and images, Susan J. Vincent unearths the stories we have told about hair and why they are important. From ginger jibes in the seventeenth century to bobbed-hair suicides in the 1920s, from hippies to Roundheads, from bearded women to smooth metrosexuals, Hair shows the significance of the stuff we nurture, remove, style and tend. You will never take it for granted again.

Why French women of a certain age are the consummate hostesses, homemakers, and style icons--and how you can be, too. Frenchwomen--particularly those 40 and over--are role models for stylish and gracious living, what the French call l'art de vivre. American-born fashion journalist Tish Jett, who has studied these women for years, shared their beauty secrets in her first book, Forever Chic. Now she explores why Frenchwomen of a certain age are master hostesses and homemakers, expert practioners of les bonnes manières as well as everyday elegance, savoir-faire, and as a result, la joie de vivre. Jett explains how to entertain like a Frenchwoman, including a glimpse into the typical French larder from which a delicious meal can be thrown together with ease, to detailed instruction on laying a beautiful table and crafting a perfect cheese plate (did you know that when cutting from a wedge of cheese, slice from the back to the point, which is the "heart" of the cheese, and as such considered the best part and not to be lopped off so others cannot enjoy it). She explores everyday style and elegance, disclosing how to create that special bien dans sa peau (to feel good about oneself) sensation so coveted by Frenchwomen. Jett also shares the importance of discipline, which goes hand in hand with beauty--a well-ordered closet, be it for clothes or linens, translates to easy everyday elegance. With tips on adjusting your beauty and style regimes seasonally, charmingly packaged with color illustrations, Living Forever Chic is a delightful gift for the Francophile in your life.

This book is a curriculum for students with autism, AS, learning and developmental disabilities, designed to help them understand how others perceive their appearance and the social implications of neglecting personal hygiene. Simple factual information is accompanied by cartoons that emphasize how others view someone with poor hygiene.

This ebook is an inter-disciplinary collection of topics representing conventional and unconventional approaches to fashion studies, exposing a wide variety of methodological perspectives from fields including anthropology, history, art history, sociology, and material culture.

Me and My Hair

Staging Rebellion in the Musical, Hair

The Drybar Guide to Good Hair for All

For Colored Girls Who've Considered Weaves When the Chemicals Became Too Ruff

A Cultural History of Hair in the Modern Age

Frenchwomen's Secrets for Timeless Beauty, Style, and Substance

Tourists, Retirees, and Other Reasons to Stay in Bed

This critical and inclusive edited collection offers an overview of the musical in relation to issues of race, culture and identity. Bringing together contributions from cultural, American and theatre studies for the first time, the chapters offer fresh perspectives on musical theatre history, calling for a radical and inclusive new approach. By questioning ideas about what the musical is about and who it for, this groundbreaking book retells the story of the musical, prioritising previously neglected voices to reshape our understanding of the form. Timely and engaging, this is required reading for undergraduate and postgraduate students of musical theatre. It offers an intersectional approach which will also be invaluable for theatre practitioners.

"Step-by-step instructions for hair chopsticks, clips, barettes, and other hair accessory crafts made from repurposed materials"--

"HAIR"--a musical revolution that defined a generation. Seen by over 30 million people in its first 4 years, it became a cultural phenomenon and a worldwide success. It rocked and shocked the world and was the training ground for many of today's biggest stars. "Good HAIR Days," written by original cast member Jonathon Johnson, offers an insider's look into the Broadway musical "HAIR." Johnson is joined by original producer Michael Butler and over 25 original cast members who share their stories. "HAIR" was more than just a show, it was a message of love and peace that survived strong denunciations and controversies that exploded once the show went on the road. Many threats followed, some which were tragically carried out. Join the "HAIR" tribe as the cast and crew lived it. "Good HAIR Days" covers these events and reintroduces the world to "HAIR's" messages, which are just as valid today as they were in 1968. An honest and accurate view of the production history, "Good HAIR Days" is filled with touching personal stories, original cast lists, and many humorous events that offer a refreshing glimpse into the psychedelic 60's and 70's.

Can everyday truly be a good hair day? Join cC as she explores how to make the best out of every hairstyle and hair-situation. "I can wear twists or braids or knots. Most timed Daddy pus one big puff up on top." This book intends to build confidence and appreciation in Black children with all types of hair. Good Hair Day was written and illustrated to initiate a healthy relationship with the unique Black Hair Care experience.

Reasons to Be Happy

For Colored Girls Who've Considered Weaves when the Chemicals Became Too Ruff

Awakening Hair

A Style Guide for Singers

Fashion, Work, and Politics in Modern France

Secrets to Looking Fabulous and Feeling Beautiful Every Day

I Am Not My Hair

Awakening Hair - Caring for Your Cosmic Antenna is about experiencing new Hair Dynamics creating magic in your life. Some people think of hair simply as dead cells hanging off their head. Awakening Hair invites you to experience hair as an extension of our living selves, profoundly affected by our biological functions, hair care practices, environmental impacts, and even our thoughts. Hair can also be experienced as cosmic antenna, able to receive and transmit information and energy. It can function as a sixth sense. Awakening Hair reveals nature's guidance that will help you realize your most enlivened hair ever. Beginning with The Power of Hair Gardening, the wisdom in each chapter will help you grow, achieve and maintain the healthiest hair possible using life enhancing practices. Understanding what kind of hair you have, the benefits of nature's elements, and the cycles of the seasons, sun and moon, will create a new improved, relationship with your hair. We have all experienced 'bad hair days'. Studies at Yale University have shown that bad hair days diminish self-confidence, and increase feelings of shame, self-doubt, social insecurity and self-criticism. You can discover how to end 'bad hair days', create 'great hair days' leading to a happier life. In Awakening Hair you can determine the style of hair care that suits you best, and design your Personal Hair Care Improvement plan. Along with Five Easy Steps to Sustainable Hair Care, this will streamline your experience with your hair. To make finding the right products for your hair even easier, you will find a guide alerting you to the ingredients you most want to avoid. Awakening Hair may be your introduction to Hair Balancing, the holistic healing art that cuts hair with a precise pattern of sacred geometry. It is based on the principles and points of acupuncture and cranio-sacral therapy and is most noted for releasing hair trauma, reducing hair loss, enhancing hair growth, and making hair happy!

Cut it, color it, perm it, shave it, braid it, wax it, highlight it, mousse it, gel it, brush it and brush it and brush it... What don't we do to our hair? Diane Simon is fascinated by people's relationship with their hair because it is both very personal one and very public. She recognizes that so much of who we are is reflected in our relationship with our hair. Diane is the curly-haired daughter of straight haired parents and has suffered much for her "bad hair". In researching and writing Hair: Public, Political, Extremely Personal she has used her suffering as a point of entry, a common ground to share with those who think of themselves as excluded from Western beauty norms because of their hair. In Hair: Public, Political, Extremely Personal, social and cultural issues form the backdrop for an exploration of the choices people make to transform themselves through their hair. Hair is a cultural investigation with a strong narrative momentum and a commitment to individual personalities. Join Diane on her visits to Harlem braiding salons and Hassidic wig shops, and in her quest to try every type of hair removal. Spend an afternoon with Sy Sperling at the Hair Club for Men headquarters in Boca Raton, Florida, and find out the truth about some celebrity scalps. Hair: Public, Political, Extremely Personal is candid, humorous, serious, and surprisingly revealing. Cut It, Curl It, Weave It, Bleach It, Condition It, Implant It, Blowdry It, Spray It, Tint It, Comb It, Rat It, Bob It, Perm It, Braid It, Coif It, Gel It, Wig It, Fake It, Knot It, Pull It, Dye It, Highlight It, Wave It, Shampoo It, Straighten It, Pluck It, Color It, Wax It, Clip It, Shave It, Thread It, Mousse It, Depilitorize It, Tweeze It, Hide It, Laser It, Tease It, Trim It, Chop It, Wash It, Dry It, Brush It And Brush It And Brush It And Brush It And Brush It And Brush It And Brush It And Brush It And Brush It And Brush It And Brush It And Brush It And Brush It And Brush It And Brush It And Brush It And Brush It

It sounds like the headline from a teen magazine! I mean, why would God care about how you feel about your hair? Well, he doesn't necessarily care about your hair, but he cares a lot about how you feel and act. If you get into what God says in the Bible, you can learn to be like a star and feel like every day is the best hair day of your life. Secret Power to Joy, Becoming a Star, and Great Hair Days is a Bible study in the book of Philippians. Don't worry, it's not like school. You can do as much or as little at a time as you want, and you can do the study with a friend. You don't even need a Bible (all the verses are included). The best part is that reading this book will change your life in big ways. You'll learn to be content regardless of what's going on around you, and you'll learn how God can help you stay focused on the most important thing: Him. So, if you're ready to start feeling better about your life, regardless of what your hair has in mind, grab this book and discover your secret power to joy.

Welcome to the jungle! Caring for your baby can be scary. He smells weird, he squirms, he burps, he cries... and cries... and cries. She runs amok through your lovely family nest and shows you who the leader of the pack really is. The Intrepid Parent's Field Guide to the Baby Kingdom understands the tumultuous terrain you're currently facing. Sometimes handling your infant feels like you're encountering a new species--an adorable little creature that should be approached with caution. Inside this book, you'll find all the valuable information you need to get out of this brave new world in one piece, including the meaning behind each yelp, growl, and step, and how to handle close encounters. With these critical observations and instructions, you'll be able to nurture the mysterious little being that has taken up residence in your home--and allow peace to once again reign throughout the kingdom.

Great Hair

Marginalised Voices in Musical Theatre

Great Hair Days

& How to Have Them

Personal Hygiene? What's that Got to Do with Me?

IT'S BETTER TO LAUGH ..LIFE, GOOD LUCK, BAD HAIR DAYS & QVC

The Intrepid Parent's Field Guide to the Baby Kingdom

This is the first academic book ever written on women and body hair, which has been seen until now as too trivial, ridiculous or revolting to write about. Even feminist writers or researchers on the body have found remarkably little to say about body hair, usually ignoring it completely. It would appear that the only texts to elaborate on body hair are guides on how to remove it, medical texts on 'hirsutism', or fetishistic pornography on 'hairy' women. The last taboo also questions how and why any particular issue can become defined as 'self-evidently' too silly or too mad to write about. Using a wide range of thinking from gender theory, queer theory, critical and literary theory, history, art history, anthropology and psychology, the contributors argue that in fact body hair plays a central role in constructing masculinity and femininity and sexual and cultural identities. It is sure to provide many academic researchers with a completely fresh perspective on all of the fields mentioned above.

What would life be like with no fear? If you could feel completely at home and at rest in the intimate love of God? We all face two choices in life: to live life as if we have a home or to live life as if we do not have a home. Many Christians live like orphans because they have never made it past their fears and into a place of rest and safety. Are you one of them? Lay aside your orphan mindset. Come in from the storm and find rest! Discover your true identity-and your true home-as a beloved son/daughter of the Father.

You're no idiot, of course! You're smart, funny, and well put together. In fact, your friends and family consider you quite the "catch." But when it comes to getting a date on Friday night, the only person calling you is Mom-who's hoping that you're not at home! Don't call it a night just yet! The Complete Idiot's Guide® to Dating, Second Edition by renowned radio personality Dr. Judy Kuriansky shows you how to make your mother proud and get the date of your dreams.

This volume provides a comprehensive survey of the musical Hair and will offer critical analysis which focuses on giving voice to those who are historically considered to be on the margins of musical theatre history. Sarah Browne interrogates key scenes from the musical which will seek to identify the relationship between performance and the cultural moment. Whilst it is widely acknowledged that Hair is a product of the sixties counter-culture, this study will place the analysis in its socio-historical context to specifically reveal American values towards race, gender, and adolescence. In arguing that Hair is a rebellion against the established normative values of both American society and the art form of the musical itself, this book will suggest ways in which Hair can be considered utopian: not only as a utopian 'text' but in the practices and values it embodies, and the emotions it generates in its audiences. This book will be of great interest to scholars and students of music, musical theatre, popular music, American studies, film studies, gender studies, or African American studies.

A Handbook for Therapists and Counsellors

Hair-A-Baloo

Frenchwomen's Timeless Secrets for Everyday Elegance, Gracious Entertaining, and Enduring Allure

An Illustrated History

Good Hair Day

The last taboo

365 Days of Tips, Tricks, and Techniques for Unlocking Your Creative Spirit

'Luke is someone I trust implicitly with my hair.' Victoria Beckham 'From the moment Luke Hersheson cut off my long locks ... I finally began to undersand my own hair ... My friend Lauren Laverne began to call Hershesons "The Happy Place".' Sali Hughes 'Full of his amazing advice. Only person who could convince me to take the plunge and cut it all off.' Alice Levine We all know the secret to happiness is a good hair day. It ' s OK to take your hair seriously, because it ' s more than just hair – it ' s about confidence, it ' s about self-expression, it ' s all about feeling good in your own skin. This book will show you how. Practical, inspirational, products tested, myths-busted, all occasions covered. This book offers all the expert styling advice and hair dos and don ' ts you will ever need from acclaimed fashion and A-list hairstylist Luke Hersheson, the man behind the iconic cuts and styles seen on runways for Missoni and Armani, in the pages of Vogue and i-D and worn by Keira Knightley, Sienna Miller, Emma Watson and Claudia Schiffer, among others. Foreword by beauty journalist Sali Hughes, bestselling author of Pretty Honest and Pretty Iconic. Chapters include: What ' s Your Hair Type? It All Starts with a Good Haircut What You Need, What You Don ' t Your Hair Routine Rules are There to Be Broken Hair at All Ages Hair Goals Five Looks That Always Work Hair Woes Great Hair From The Inside Out Hair and Clothes, Hair Icons, Special Occasion Hair AND MORE!

Over the last century, there has been a revolution in self-presentation and social attitudes towards hair. Developments in mass manufacturing, advances in chemical science and new understandings of bodies and minds have been embraced by new kinds of hairdressers and their clientele and embodied in styles that reflect shifting ideals of what it is to be and to look modern. The emergence of the ladies hairdressing salon, the rise of the celebrity stylist, the impact of Hollywood, an expanding mass media, and a new synergy between fashions in clothing and hairstyles have rippled out globally. Fashions in hair styles and their representation have taken on new meanings as a way of resisting dominant social structures, experimenting with social taboos, and expressing a modern sense of self. From the 1920s bob to the punk cut, hair has continued to be deeply involved in society's larger issues. Drawing on a wealth of visual, textual and object sources, and illustrated with 75 images, A Cultural History of Hair in the Modern Age presents essays that explore how politics, science, religion, fashion, beauty, the visual arts, and popular culture have reshaped modern hair and its significance as an agent of social change.

This book allows you to replace harsh chemicals, dyes and perfumes with pure, simple ingredients that are gentle to your body. The information and formulas contained in this book will equip you to start creating your own natural body care products.

This history of coiffure in modern France illuminates a host of important twentieth-century issues: the course of fashion, the travails of small business in a modern economy, the complexities of labour reform, the failure of the Popular Front, the temptations of P é tainism, all accompanied by a parade of waves, chignons, and curls.

A Social History

Hair

Adventures in Crying, Sleeping, Teething, and Feeding for the New Mom and Dad

Living Forever Chic

Good Hair

Public, Political, Extremely Personal

Spiritual Slavery to Spiritual Sonship

Here's how to Stop and reduce Hair Loss, featuring 322 extremely effective tips for Hair Loss relief. If you are suffering from Hair Loss and want to get instant solution than you need to read this book right now as it may be the most important thing you'll read in a long time. Here's just a fraction of what you're going to discover in this book that you simply will not learn anywhere else: * How to best deal with Hair Loss - ignoring it won't make it go away - strategies for handling Hair Loss like a pro. * Amazingly simple, yet ultra-powerful things you can do right now to get immediate solution. * The surprising "little-known tricks" that will help you combat Hair Loss - and win! * The most effective ways to treat Hair Loss so you get instant relief. * Proven Hair Loss natural treatments - be ready to be surprised when you discover how easy and effective this is. * The simple unvarnished truth about what works and what doesn't work when dealing with Hair Loss, this is really crucial! * Discover how to solve Hair Loss - without spending a fortune on expensive drugs and treatments. * Scientifically tested tips on managing Hair Loss while avoiding the common mistakes that can cost you dearly. * Sure-fire tips to beat Hair Loss naturally on a budget. * Extremely effective ways to prevent Hair Loss. * Hair Loss myths you need to avoid at all costs. * The vital keys to successfully beating Hair Loss, these elements will make a huge difference in getting Hair Loss relief. * Little known home remedies for Hair Loss that the drug companies don't want you to know. * How to dramatically block the effects of Hair Loss. * How to make sure you come up with the most effective solution to your Hair Loss problem. * Surprising weird signs you have Hair Loss. * A simple, practical strategy to dramatically reduce Hair Loss, but amazingly enough, almost no one understands or uses it. * The top mistakes in treating Hair Loss at home - and how to avoid them (ignore it at your own peril!) * What nobody ever told you about Hair Loss treatment. Insider secrets of avoiding the most bothersome symptoms. * Find out the easiest, simplest ways to deal with Hair Loss successfully, be ready for a big surprise here. * All these and much much more.

The fourth edition of this dynamic skills-based introduction to personal communication includes new content on virtual communication scenarios, inclusive language, conflict resolution, and leadership development. Concise, affordable, and incredibly friendly in tone, this book makes communication natural and fun.

90 DAYS Excercise & Diet Journal is your companion during your 90 day diet. Start the year right with this food and exercise journal. Designed to easily track both your diet and exercise efforts. This easy-to-use record the foods you eat for breakfast, lunch, dinner, and snacks. It also includes places to note calories, exercise, weight, sleep, glasses of water, and servings of fruits and veggies. Ideal for quick record keeping at home, at work, or on the go. Size: 6x9 Inches Planner, Motive and chalange yourself. Get started today with 90 Day Diet Challenge Journal!

New York Times Bestseller Picture this. Your hair is a mess and you feel like a nut. You open your Drybar book and you feel better already! The Drybar Guide to Good Hair for All is the ultimate handbook for at-home hairstyling. Author Alli Webb, a long-time stylist and life-long curly hair girl, founded Drybar in 2010 as an affordable luxury—offering women a great blowout in a beautiful and fun atmosphere. Today, there are more than 60 Drybars across the country, with more opening every day. Drybar's book makes it easy for women to get the Drybar look at home. Webb shares her tried and true tricks and tips in three in-depth sections featuring more than 100 style-inspiration photograph and step-by-step tutorials. Bright, upbeat, and loaded with style and substance, this book will give readers everywhere a good hair day at home!

A Personal Bible Study on the Book of Philippians

The Revealing Comedy and Tragedy on Top of Your Head

322 Great Tips to Prevent Hair Loss

Caring for Your Cosmic Antenna

Secret Power to Joy, Becoming a Star, and Great Hair Days

Women and body hair

Good Hair DaysA Personal Journey With The American Tribal Love-rock Musical Hair

Randy Fujishin's Natural Bridges in Interpersonal Communication, Second Edition is a concise, practical, and reader-friendly book that introduces students to the basic concepts and skills of interpersonal communication. The book presents the fundamental tools necessary to effectively communicate in face-to-face and online interactions in personal and professional life settings. Fujishin's approachable writing style engages students, inviting them to consider how best to approach their own opportunities to communicate with others. New to this edition, each chapter includes a discussion of foundational research, with suggestions for further reading and online resources. This textbook is designed for Communication Studies, Business, and Career and Trade courses at the community college and four-year university level. Online instructor materials that accompany the book include an instructor manual, sample exams, and a sample class schedule.

The hair stylist from the hit TLC show What Not to Wear offers women a complete guide to great-looking hair, sharing his personal styling secrets and offering practical advice on how to avoid outdated styles and unflattering cuts, identify hair type, choose the proper style and color to enhance one's image, and select the right hair care products. Original. 75,000 first printing.

How has Paris, the world's fashion capital, influenced Milan, New York, and Tokyo? When did the Marlboro Man become a symbol of American masculinity? Why do Americans love to dress down in high-tech Lycra fabrics, while they wax nostalgic for quaint, old-fashioned Victorian cottages? Fashion icons and failures have long captivated the general public, but few scholars have examined the historical role of business and commerce in creating the international market for style goods. Producing Fashion is a groundbreaking collection of original essays that shows how economic institutions in Europe and North America laid the foundation for the global fashion system and sustained it commercially through the mechanisms of advertising, licensing, marketing, publishing, and retailing. The collection reveals how public and private institutions—from government censors in imperial Russia to large corporations in the United States—worked to shape fashion, style, and taste with varying degrees of success. Fourteen contributors draw on original research and fresh insight into the producers of fashion—advertising agents, architects, corporate executives, department stores, designers, editors, government officials, hairdressers, haute couturiers, and Web retailers—in their bid for influence, acclaim, and shoppers' dollars. Producing Fashion looks to the past, revealing the rationale behind style choices, while explaining how the interplay of custom, invented traditions, and sales imperatives continue to drive innovation in the fashion industries.

Integrative Wellness Coaching

Hip Hair Accessories for the Crafty Fashionista

Size 6x9 Personal Food Exercise Weight Loss Calorie Counter Record Notebook Diary Tracker Book

Natural Bridges in Interpersonal Communication

Producing Fashion

Forever Chic

Natural and Healthy Personal Care for Every Body

All crafts have established techniques to follow, but innumerable ways to experiment, using the basics to launch crafters to new heights. Crafter's Devotional aids that launch with a daily dose of craft content that inspires, instructs, and illuminates.

"Gripping! I was instantly swept away by Hannah's struggles and greatly inspired by her journey. This is a powerful book, and I recommend it for anyone who has ever worried about how to fit in." -Kristina McBride, author of The Tension of Opposites REASONS TO BE HAPPY 21. Cat purr vibrating through your skin 22. Jumping on a trampoline in the rain 23. Raw cookie dough 24. Getting yourself all freaked out after a scary movie 25. Dancing like an idiot when no one is watching What happened to the girl who wrote those things? I miss that girl. She used to be bold and fun. Now she's a big chicken loser. How could so much change so fast? Let's see, you could be the plain Jane daughter of two gorgeous famous people, move to a new school, have no real friends, and your mom could get sick, and, oh yeah, you could have the most embarrassing secret in the world. Yep, that about does it. So, the real question is, how do I get that girl back? Praise for The Blessings of the Animals: "With subtle yet shimmering insight, Kittle explores the resilience of human nature." -Booklist Praise for The Kindness of Strangers: "Kittle crafts a disturbing but compelling story...gripping read."-Publishers Weekly

"HAIR-sterical! Hair-A-Baloo will make you laugh and cry, much the way you do on your worst hair day. Who needs Dr. Phil when we have Patricia Wynn Brown-the hair doctor. Her wit and wisdom make us realize that hair really does make the world go round." -Tim Bete (Director of the Erma Bombeck Humor Conference and author of In the Beginning There Were No Diapers.) Hair-A-Baloo proves it: "It's all about the hair." Hair can make us laugh cry and a single strand can send us to prison for life! Who hasn't experienced a touch of hair envy or left the hair salon with a poodle perm? We spend so much time with the mops on top of our heads that it's become a subject for movies, musicals, and gossip columns. We copy celebrity hairstyles, spend hundreds on hair products, and constantly concoct homemade hair treatments in our kitchen. Hair has even played a major role throughout history. Who could forget Samson and Delilah or the 1920s, when every woman in America wanted to bob her hair? This forty-billion-dollar industry is given the royal "treatment" with Brown's wicked sense of humor. Take a break from the blow dryer and curl up with Hair-A-Baloo.

The personal story of QVC hostess Kathy Levine includes her relationships with co-hosts and celebrities, her marriage and divorce, her family affairs, and her struggles with her weight

Earthly Bodies & Heavenly Hair

How to Stop and Reduce Hair Loss

The Art of Communication

Commerce, Culture, and Consumers

How to Get the Perfect Blowout at Home

Good Hair Days

The Complete Idiot's Guide to Dating, 2E

Good hair day? Bad hair day? Hair has always evoked strong emotions. In this fascinating book, Patricia Malcolmson examines how British women over the past 150 years have managed their hair, from the extravagant styles of the late nineteenth century to the 'anything goes' attitude of today, taking in along the way the daring bobs of the 1920s, the wartime styles of women in uniform, the slavish copying of Hollywood stars, the beehive, the hippy and the Goth. In Me and My Hair you'll hear the voices of women from around Britain talking about their hair - whether it's their longing to have 'Shirley Temple' curls, the visits of the nit nurse, their first home perm, roasting under hood dryers, going platinum blonde, hilarious experiments with hair extensions, or fears of going grey.

David Grimes's humor column runs three times a week in the Sarasota Herald Tribune. David began writing his humor column in 1985 when it became clear that he had no talent for other, more useful jobs at the paper. David has gleaned a lifetime of wisdom from his 25 years as a Florida resident and offers us his sage advice on topics such as these: Granny sweat boosts health How to read a real-estate guide Fending off fruit fiends And many more.

Hairnanigans. Friendship. Big Dreams. The previously scheduled life Maya Hatton planned has been interrupted for an emergency broadcast announcement. A news station manager threatens to destroy over twenty years of brand and image building with a new contract from hell. Her husband Roddreccus moved into the rental property and refuses to move home without explanation. Instead of finding confidence, fun, and freedom as she enters her mid-fifties she's faced with crises. Fans believed she had it all together but her dream team lost a member, a villain hijacked her fairy tale marriage and now she needs to remember how to be the Maya everyone thinks she is or lose the best thing she ever had. Natural Sistahs series is written by an African American author whose chosen her natural hair since 1998. While one of many indie published black authors she considers her books appropriate for the women's fiction category though most would be shelved in the black fiction, black books, African American women's fiction, or black women's fiction section in most physical bookstores.

90 Days Diet Challenge Journal