



The 5 Hair Archetypes: Your Guide to Growing Long Hair

Sharifa Barnett

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The book has COLOR photos, flow charts, QR codes to video tutorials, text boxes and much more! In The 5 Hair Archetypes, Sharifa Barnett details the innovative model for understanding your hair based on your current routine. The hair archetypes, or hair personalities, categorize women based on their hair habits, and share anecdotal stories of real women and Sharifa's own experience as that archetype. You can take The 5 Hair Archetypes Quiz to identify your current archetype. Sharifa dispels the most common hair myths and challenges you to reconsider your explanations for not having the hair of your dreams. This book also provides practical information for building a regimen that will yield results in 21 days, including: - Suggested regimen for each archetype, - Discussion on common hair problems and simple solutions, - A guide on properly using extensions to retain length, and much more! The 5 Hair Archetypes takes a comprehensive, systematic approach to hair care that will teach you how to achieve your hair goals.

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