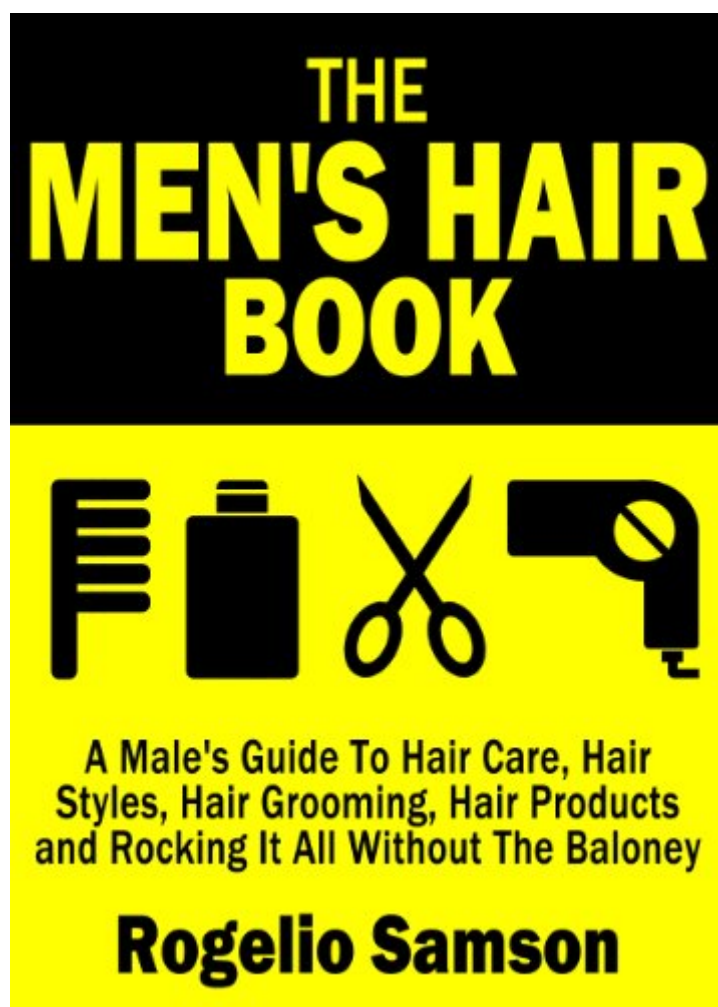


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The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products And Rocking It All Without The Baloney



Synopsis

The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney is exactly what it says in the title. Written by popular men's hair expert Rogelio Samson, The Men's Hair Book gives the modern male an in-depth blueprint to getting his hair looking as he wants it to look without the baloney that abounds the men's hair field. The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney is based on Rogelio's "hair-management equation": a pioneering system that optimizes the profiling, grooming, styling and caring of your hair so as to yield the overall solution of great-looking, convenient hair. The hair-management equation covers and optimizes everything that has to do with having hair that you can finally be happy with, whether you have straight hair, wavy hair, coiled and curly hair, afro-textured and kinky hair, long hair, a balding head or whatever hair. The Men's Hair Book is yet another step of Rogelio in his goal to spread the word so as to have men worldwide carrying their hair with pride and in a self-actualizing manner. What's more is that The Men's Hair Book is related to the real world through barbershop case studies in every chapter so that you are able to relate your newly-acquired knowledge to the practical side of male hair care. This is what you will find in the 250+ pages of The Men's Hair Book:-

- A hair-profiling system that puts your hair into a type and length category and that also measures how much your hair may curl, altogether creating your particular hair ID.
- The Norwood male-balding classification explained in detail so that you can identify any current or future hair loss you may suffer.
- Rogelio's popular hair-grooming method, including his No Shampoo method and his Sebum Coating method.
- All about cleaning your hair, from how to use shampoo to cleaning your hair without shampoo and via natural alternatives.
- All about conditioners and how to make the most of the sebum you secrete (yes, your hair follicles secrete sebum!).
- A full analysis of all hair products and how to select the appropriate ones according to your unique hair ID.
- An in-depth coverage of how to style your hair, including the relevant hairstyles that suit your hair ID.
- The correct methods to optimally using hair dryers and hair straighteners as a male without frying your hair.
- Guidelines for growing your hair long and working out how long your hair will take to reach certain lengths and hairstyles.
- A guide on how to shop for the correct barber or hairdresser.
- A plan of action that has you seeing the optimizing of your hair as a journey that follows an optimal and efficient order and that is made up of a set of steps and actions to be implemented.
- A big list of busted myths that will not only be extremely helpful for your hair-optimizing efforts but will also be great for bar talk!
- The last chapter contains 38 miscellaneous questions that Rogelio has answered in depth so as to bulletproof your journey.
- An appendix section with 29 visual references used

throughout the book.- Every chapter is neatly summarized at the end with a "Conclusion" section to ensure that you have picked all the important knowledge taught in the chapter.- Each chapter is ended with a real-life case study that has occurred in a professional barbershop and that is related to the lesson learnt in the given chapter.The Men's Hair Book is of great use and benefit for:- Men who want to finally master their hair and stop wasting time with Mickey-Mouse stuff.- Men who want to stop wasting money on their hair and want their hair to become economically viable.- Men desiring to spice up their image and improve their self-esteem.- Men with sons who need help managing and embracing their hair. The same applies for any other male family members who need a solution for their hair.Join our revolution!

Book Information

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Customer Reviews

I am an engineer, so I had no interest in hair care at all.However, as I get order, I begin to worry about my appearance for getting a job interview and I decided to buy this book as a starter for changing myself.This book indeed explains lots of things about hair profiling,grooming, and styling. As you read this book, you will naturally put your hair into some certain catagory and you will find

your best way to manage it. I wonder if there is any book for men's skin like this book....

I enjoy a good systematic approach to fixing my problems. This book provided just that for my hair. Prior to reading this book, I had a buzz cut all my life. After arming myself with more hair knowledge I decided to grow a "great looking mane" as Rogelio would put it. The results are grand and, I think, the author helped in making it happen. Thanks to the information in this book, I was able to place my specific hair type on the continuum of hair. I know exactly which type of shampoo to use and how often. And if problems with my hair come up, I know exactly where to turn to fix them. And much more. It is a quality resource for men. Now onto the negatives. The author struggles in some areas. This book was a sensible attempt by the author at trying to bring some structure to the men's hair care. I call this text an attempt because it could have been a lot more if only more attention was paid to editing. The content is there, but it is very repetitive, which is not necessarily a strong negative as it provides opportunity for the reader to cement this information. If constant repetition does not slow you down, then the author's uncouth use of the English language surely will. Reading this book you get a sense that English is a second language for Mr. Samson. Again, the lack of editing is apparent. I am not a hair expert or come anywhere close to a professional cosmetologist on the spectrum of hair knowledge and, hence, have little understanding of what is lacking in that world and whether or not that scene could benefit from systematic cataloging of hair, especially for men. However, I do not see myself approaching my barber with a description of my hair derived from this book and having him understand me without having read the book. I see the content of this book suffering from a problem of dissemination.

I have been looking for a solid guide on what I can do with my hair because I felt it was always so much trouble to make it look presentable (I don't think I was given the best hair genetics, basically). I first started following the Manly Curls blog/Facebook a few months ago and found that his methods were a huge asset! They really helped me to understand how to manage my specific hair so that I could do more with it and make it work for me based on my "genetic limitation," you might say. It really gave me a ton of information I would have never found otherwise. My hair looks and feels much better than it ever did, and it takes me significantly less time to get ready in the morning. Could not have asked for more.

I salute Rogello for trying to help men understand their hair, but this book is so slow and repetitive it can only frustrate. There seems to be page after page describing the difference between straight,

wavy, curly and kinky hair! And a nutty appendix with a line drawing of each type represented a single page. Do not buy this book if you want suggestions on hairstyles, there are no pictures at all of any hairstyles, and it is sort of laughable in 2015 that the only short hairstyle he recommends for wavy hair is the fauxhawk! That said, Rogello seems dedicated to trying to get men to understand that if your hair is dry it doesn't need washing every day, and that on the days you don't wash you should inch your fingers down from your scalp to the ends of your hair to spread the sebum (natural oils produced by your scalp's sebaceous glands) He offers detailed advice on growing out your hair -- minimize the awkwardness by cutting the sides and top to about the same length with top maybe an inch or four longer depending on which of the four hair types you have. Basically...you're going to have an awkward period no matter what you do when growing your hair out, ask your stylist to help you minimize the awkwardness, it can take year or more before you have truly long hair especially if you have some variant of curly or kinky hair. Also, he explains to men what bobby pins are and what blow dryers are... google them if you don't know.

I never really cared for my hair because I didn't know what to do with it and as a result would just get my barber to give me buzz cuts. I got tired of getting the same cut over and over and finally decided to do some research on how I could style my hair. During my search I stumbled upon Rogelio's Blog where he has great hair care and style insight and decided to purchase this book to get more of Rogelio's years of hair care expertise. This book helped me understand what to do with my certain type of hair and what is the right and wrong way to take care of my hair type. As a result I no longer get buzz cuts at the barbershop and actually have a hair style that I love! This wouldn't be possible without this book and I highly recommend it if you want to know how to style your hair.

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