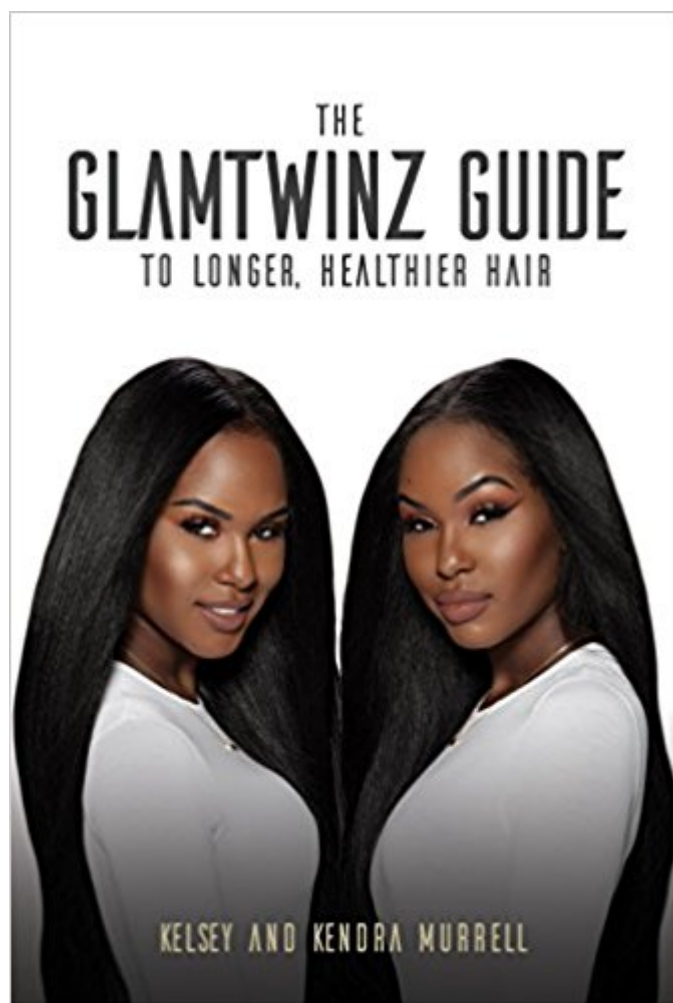


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# The GlamTwinz Guide To Longer, Healthier Hair



## Synopsis

#1 Best Seller! How to get healthy hair. Healthy hair tips from the GlamTwinz. Healthy hair tips: Get the long, healthy hair you've always wanted. YouTube superstars Kelsey and Kendra Murrell of The GlamTwinz share their secrets to growing long, healthy and natural hair, without having to rely on chemical relaxers. How to have healthy hair: Textured hair requires special care and The GlamTwinz have been delivering their best since their viral video: "Top 10 Tips to Grow out Long HEALTHY Hair" hit YouTube. Now, The GlamTwinz build on that to reveal even more secrets and answers to fans' questions, while revealing their own personal hair struggles and triumphs. In The GlamTwinz Guide To Longer, Healthier Hair, you'll learn secrets to: Growing your hair longer, Generating natural shine, Taming the frizziness, Reducing hair breakage, Getting the best look without the chemicals. Fannie Lou Hamer - American voting rights activist. Be confident and love the way you look!

## Book Information

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Health > General

## Customer Reviews

Kelsey Murrell, half of The GlamTwinz, is spreading confidence and beauty to women across the country. She and her sister are most known for their unprecedented YOUTUBE presence. With over 500,000+ subscribers and over 41,000,000+ video views across two YouTube channels (GlamTwinz334 & GlamTwinzTV), it's no surprise that the duo has partnered & worked with BET, CoverGirl, Pantene, Dove, CLEAN & CLEAR®, Hairfinity, Carol's Daughter, Curls and so many others! Kelsey and Kendra are the perfect pair to endorse your brand! Kendra

Murrell, half of The GlamTwinz, is spreading confidence and beauty to women across the country. She and her sister are most known for their unprecedented YOUTUBE presence. With over 500,000+ subscribers and over 41,000,000+ video views across two YouTube channels (GlamTwinz334 & GlamTwinzTV), it's no surprise that the duo has partnered & worked with BET, CoverGirl, Pantene, Dove, CLEAN & CLEAR®️, Hairfinity, Carol's Daughter, Curls and so many others! Kelsey and Kendra are the perfect pair to endorse your brand! Mahisha Dellinger is the author of the best-selling book: Against All Odds and the founder of CURLS. Curls is a leader in the natural hair care market providing exceptional products for every curly tress across the US, Canada, Europe, Brazil and other international markets. CURLS outshines the rest by offering customized hair care regimes, personalized hair care support, and live workshops on demand. For additional information visit [www.curls.biz](http://www.curls.biz)

The Glam Twinz Guide to Longer Healthier Hair by Kelsey Murrell and Kendra Murrell caught my attention due to my understanding that beauty comes in various forms but I was wanting a kindlebook that also provided encouragement on keeping hair long. I have not yet seen their youtube videos yet I might do so now and I do enjoy various topics that both women cover in this kindlebook even if I respectfully disagree with some points. Some of the following good tips in this kindlebook; the fun habit of creating an image of success and a plan when it comes to getting a certain hair length and/or type, find a friend (obviously helpful as sometimes a person may sometimes get external advice from other sources on what to do with their hair based on what is trendy and/or popular but not necessarily in the best interest of the person). For instance, the natural hair movement is becoming more popular and is more inclusive of women from various backgrounds, body shapes, complexions, socio-economic status, age and other factors which is a good thing. I sometimes receive emails and/or online articles sent my way about the natural hair movement and I see the good intent behind this. However, I can only speak for a woman like myself but wearing my hair long and chemically relaxing it every 6-8 months is actually more convenient for my budget and lifestyle. I previously wore my hair natural from the summer 2003 when I was still in the navy until April 2012 (nearly 3 years after I was honorably discharged from the navy) but that was when I had much more free time and I legally generated an income of at least 2 grand a month after taxes. My point; I like that both Kendra Murrell and Kelsey Murrell explain why you want to have a plan for your hair because other well meaning people may tell you what would be good for you when it may be good for them while a different way may be personally best for you. Both women also share a listing of some foods to keep in mind for certain hair growth goals,

multivitamins, and more.

To All Females, that want healthy hair, young and old!, Very glad you two put it in writing! Thanks!  
Thanks Parents, Grandparents!

I would recommend this book to transitioning, big chop newly naturals, or ladies like myself that just need some meaningful advice and encouragement. Easy to follow, read it in one sitting, and now I can't wait until wash day!

Delivered really fast. Love this book! I needed this to help me start my healthy natural hair process. I've been using all of their techniques and advice since reading the book. Very easy read. I read it in a day.

Great, quick read. Common sense, logically and brings up points I had not thought about. Also a great incentive for my teenager to take better care of her hair, allowing her to record and journal about her healthy hair journey.

This book is amazing and has so many helpful hair types. I can't wait to continue my hair journey and reach my hair goals.

Very helpful with hair tips. I am also going through transition and the glam twinz have made it possible for me to keep focus on hair health. Thank you ladies!!!!

Love the GlamTwinz youtube channel. I have learned about my hair from them. I will be purchasing 11 more books and giving as gifts for Christmas.

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Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) The GlamTwinz Guide to Longer, Healthier Hair Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) 100 Tips For Hair Loss: How to Deal With Hair Loss and Assist Your Hair

Growth (hair loss, hair growth, alopecia, grow hair, baldness, balding) 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 Hair Loss: How it Happens and How to Fix It (Hair Loss, beauty and fashion, hair, loss, aging parents, hair growth, healthy hair) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Hair Styling Guide: Hair Care For African American And Bi-Racial Children: Quickly style, grow and maintain healthier more beautiful African American and Bi-racial hair in record time. Hair Loss Explained - Natural Solutions for Hair Loss and Premature Balding: (Natural Hair Care, Hair Loss, Scalp Treatments, Balding, Cure, Going Bald, Remedies) Hair Loss: 5 Easy Steps To Stop and Prevent Hair Loss (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care) Hair Loss Solutions for Men: How to Cheat Hair Loss for Life (Hair Loss Solutions: How to Cheat Hair Loss for Life Book 1) Classic Hairstyles for Men - An Illustrated Guide To Men's Hair Style, Hair Care & Hair Products Grow African American Hair Long - 7 Days To Faster Growing Hair: Grow Hair Fast Methods and Natural Treatments for Balding Hair Loss Cure: A Revolutionary Hair Loss Treatment You Can Use At Home To Grow Your Hair Back Why Am I Losing My Hair? Diabetes & Hair Loss: Diabetes and Hair Loss Your Hair Loss Problem: SOLVED!: unassuming little book on hair restoration actually grows hair back!! How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs Hair Loss Cure: How to Prevent Hair Loss. Discover the Top Hair Loss Treatment that Will Save You from Eternal Baldness! Hair Loss: The Ultimate Resource of Tried and Tested Solutions for Hair Loss and the Maintenance of Healthy Hair

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