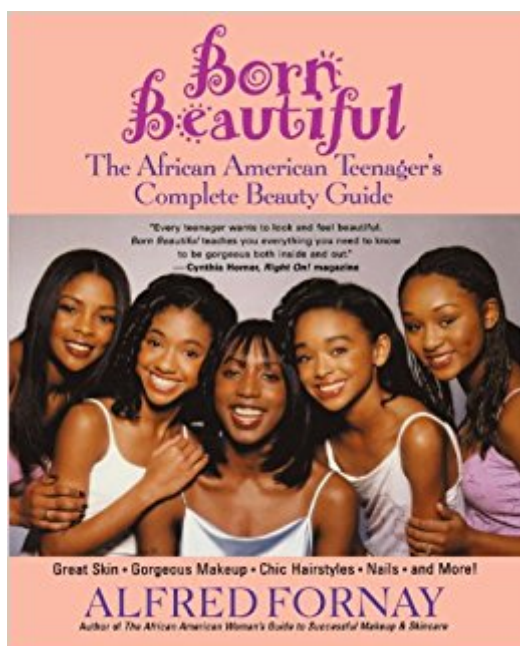


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Born Beautiful: The African American Teenager's Complete Beauty Guide



Synopsis

When I read *Born Beautiful*, I thought ' finally, a beauty book that addresses the unique needs of black teens.' I highly recommend this book to all parents for their beautiful daughters.-Terrie Williams, author *Stay Strong: Simple Life Lessons for Teens* *Born Beautiful* is the best! It's detailed and easy to follow! It gives great examples and real-life scenarios! Whether you are a ""natural-look-with-lip-gloss girl"" or a ""high-profile prima donna,"" this book is for you! If you want to know all about your skin type and how to care for it, which makeup colors are best for your skin tone and how to apply them, and how to wear and care for your hair, then you've got to read it! And wait until you check out the ""Teen Tips"" written by girls like you and the ""Special Stuff"" that will give you a winning edge! There is a great color chart to help you select your best cosmetic and fashion colors, and we put you to the test with Quizzes and ""Dos and Don'ts."" *Born Beautiful* will help you to understand and appreciate who you are -a beautiful African American teen. *Born Beautiful* was written specifically for you-the African American teenager. Never before have your specific grooming needs been addressed. You are a unique individual. Fornay's straightforwardness gives you up-to-date information about:

- * Daily Routines for Great Skin
- * Gorgeous Makeup from Day to Date
- * Chic Hairstyles & Care for Your Hair
- * Ten Steps to Fabulous Nails
- * Choosing the Right Colors for Your Best Look
- * Good Food for Fitness & Fortitude
- * Making Sense of Your Fragrance Choices
- * The ""411"" on Tattoos, Body Piercing & Other Fads
- * Beauty Tips from Your Favorite Celebs, Including Destiny's Child, Brandy, and Ananda Lewis

Book Information

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Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

"When I read Born Beautiful, I thought 'finally, a beauty book that addresses the unique needs of black teens.' I highly recommend this book to all parents for their beautiful daughters."—Terrie Williams, author Stay Strong: Simple Life Lessons for Teens Born Beautiful is the best! It's detailed and easy to follow! It gives great examples and real-life scenarios! Whether you are a "natural-look-with-lip-gloss girl" or a "high-profile prima donna," this book is for you! If you want to know all about your skin type and how to care for it, which makeup colors are best for your skin tone and how to apply them, and how to wear and care for your hair, then you've got to read it! And wait until you check out the "Teen Tips" written by girls like you and the "Special Stuff" that will give you a winning edge! There is a great color chart to help you select your best cosmetic and fashion colors, and we put you to the test with Quizzes and "Dos and Don'ts." Born Beautiful will help you to understand and appreciate who you are—a beautiful African American teen. Born Beautiful was written specifically for you—the African American teenager. Never before have your specific grooming needs been addressed. You are a unique individual. Fornay's straightforwardness gives you up-to-date information about: Daily Routines for Great Skin Gorgeous Makeup from Day to Date Chic Hairstyles & Care for Your Hair Ten Steps to Fabulous Nails Choosing the Right Colors for Your Best Look Good Food for Fitness & Fortitude Making Sense of Your Fragrance Choices The "411" on Tattoos, Body Piercing & Other Fads Beauty Tips from Your Favorite Celebs, Including Destiny's Child, Brandy, and Ananda Lewis

Alfred Fornay is one of America's foremost authorities on skincare and makeup.

I returned this book because it was the old version, i.e. black and white and pictures of celebrities from the 90s. At first glance, I knew my niece would not be interested.

Bought it for my teen daughter, she loved it.

This is not a good book for all young African American girls. all of the girls have make up and chemically treated hair. This is not OK if your trying to teach your young princess to be happy with

who she is as she is NOW. That is if you don't allow your teenager or preteen to wear makeup, and you don't allow her to chemically treat her hair. I didn't give my child this book, nor will I re-gift it. Hope this helps moms that are raising daughters to appreciate their natural beauty.

I bought this as a gift for one of my daughter's friends a year ago. She still thanks me and tells me how much she's been able to use it and how helpful it's been. She wants me to find something just like it for her birthday this year, too. There simply aren't enough books like this for black preteen and teenage girls. She has made a lot of changes not just in how she takes care of herself, but also in the way she views herself. She's become quite the confident young lady in the past year.

Our adopted daughter is thrilled with this book. Since I am not of African descent, there is much I cannot answer for her. This book takes care of it all!

I ordered this book for my 15 year old for Christmas. Right away she started a skin cleaning program and started drinking more water. I wanted her to know there are resources for African American girls her age. The nice pictures of the celebrities and inserts really caught her attention. Pack with info and easy to read. Thanks

A non-black friend asked if this was an appropriate gift for my daughter. She was concerned that there were no photos of girls with natural nappy or kinky hair and styles and while pretty - all of the models were medium to light brown. We have been friends a very long time. teen age girls are so sensitive and impressionable. we have to be aware of the messages we send to them. I am not comfortable with this message for my daughter. there is a very short section on natural hair ' which is difficult to manage'. REALLY?!?!?!?

This book perpetrates years of negative media images of African American people and women in general. It contributes to the false notion that a Eurocentric physical appearance is an indicator of African American beauty. The photograph on the front cover of the book is a fine example of this. All of the young women in the photograph have long straightened/chemically altered hair and their skin complexions range from light to medium brown. None of these young sisters are dark skinned nor do they sport natural and/or short hair styles! In addition this book contributes to the socializing of girls into being self-consumed with beauty. A young woman's self esteem should be based on her character, her talents and her accomplishments NOT on her appearance. They must know they are

special because they are respected and valued. Tips on beauty from the "Hollywood stars" and beauty tips on how to prepare for a "date" are shallow issues that do not build self-esteem, strong principals or values. Lets not insult the intelligence of our teen daughters by believing that their world ONLY consists of beauty and dates. DO NOT WASTE YOUR MONEY ON THIS BOOK! More appropriate books for young African American womens' beauty should be centered around self-love and self-acceptance. Natural beauty books that truly embrace self-love/acceptance and Afrocentricity are "No Lye" by Tulani Kinard and "Lets Talk Hair" by Pamela Ferrell. Start your daughters off with these two books. It is in these kinds of books that the "beauty" issues around self-esteem that plague so many African American women and teens today are discussed. It is also in these books that various photos of African American females of many complexions, and hair textures/lengths and ages are shown.

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