
Download File PDF Post Traumatic Slave Syndrome Americas Legacy Of Enduring Injury And Healing Joy Degruy Leary

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Q5Z161 - KARLEE ELLIANA

Post Traumatic Slave Syndrome helps to lay the necessary foundation to ensure the well-being and sustained health of future generations and provides a rare glimpse into the evolution of society's beliefs, feelings, attitudes and behavior concerning race in America. Revised and Updated Edition.

A successful woman entrepreneur addresses the taboo of depression that pervades African-American culture, drawing on her own experiences of suffering and recovery while counseling readers from all walks of life on how to overcome cycles of denial and psychologi-

cal pain. Reprint. 50,000 first printing.

During the course of the struggle of African people against European racism, brutality and domination, many innovative thinkers have risen from our ranks . The greatest and most courageous scholars have devoted their lives to the pursuit of an explanation for the virtually inherent animosity most white people appear to have toward people of color / Unlike her predecessors, Dr. Frances cress welsing, a brilliant, Washington, DC psychiatrist has rejected conventional notions about the origin and perpetuation of racism .

This is the first book to define and explore Black

fatigue, the intergenerational impact of systemic racism on the physical and psychological health of Black people—and explain why and how society needs to collectively do more to combat its pernicious effects. Black people, young and old, are fatigued, says award-winning diversity and inclusion leader Mary-Frances Winters. It is physically, mentally, and emotionally draining to continue to experience inequities and even atrocities, day after day, when justice is a God-given and legislated right. And it is exhausting to have to constantly explain this to white people, even—and especially—well-meaning white people,

who fall prey to white fragility and too often are unwittingly complicit in upholding the very systems they say they want dismantled. This book, designed to illuminate the myriad dire consequences of “living while Black,” came at the urging of Winters's Black friends and colleagues. Winters describes how in every aspect of life—from economics to education, work, criminal justice, and, very importantly, health outcomes—for the most part, the trajectory for Black people is not improving. It is paradoxical that, with all the attention focused over the last fifty years on social justice and diversity and inclusion, little progress has been made in actualizing the vision of an equitable society. Black people are quite literally sick and tired of being sick and tired. Winters writes that “my hope for this book is that it will provide a comprehensive summary of the consequences of Black fatigue, and awaken activism in those who care about equity and justice—those who care that intergenerational fatigue is tearing at the very core of a whole race of people who are simply asking for what they deserve.”

In *Black Mental Health Matters*, renowned Licensed Marriage and Family Therapist, Aaren Snyder uses years of experience to increase mental health awareness in the black community, through captivating real-life stories and simple, down-to-earth explanations of complex psychological problems that impact the black community.

Enslavement, forced migration, war and colonization have led to the global dispersal of Black communities and to the fragmentation of common experiences. The majority of Black language researchers explore the social and linguistic phenomena of individual Black communities, without looking at Black experiences outside a given community. This groundbreaking collection re-orders the elitist and colonial elements of language studies by drawing together the multiple perspectives of Black language researchers. In doing so, the book recognizes and formalises the existence of a “Black Linguistic Perspective” highlights the contributions of Black language researchers in the field. Written exclusively by Black scholars on behalf of, and in collaboration with local communities, the book looks at

the commonalities and differences among Black speech communities in Africa and the Diaspora. Topics include: * the OJ Simpson trial * language issues in Southern Africa and Francophone West Africa * the language of Hip Hop * the language of the Rastafaria in Jamaica With a foreword by Ngugi wa Thiong'o, this is essential reading for anyone with an interest in the linguistic implications of colonization.

No descriptive material is available for this title.

Discusses inequalities that have persisted despite the end of Jim Crow laws, covering the treatment of African American soldiers during World War II and the high incarceration rate of black men.

Two people—a black woman and a white man—confront the legacy of slavery and racism head-on “We embarked on this journey because we believe America must overcome the racial barriers that divide us, the barriers that drive us to strike out at one another out of ignorance and fear. To do nothing is unacceptable.” Sharon Leslie Morgan, a black woman from Chicago’s South Side avoids white people; they scare her. Despite her trepidation, Morgan, a

descendent of slaves on both sides of her family, began a journey toward racial reconciliation with Thomas Norman DeWolf, a white man from rural Oregon who descends from the largest slave-trading dynasty in US history. Over a three-year period, the pair traveled thousands of miles, both overseas and through twenty-seven states, visiting ancestral towns, courthouses, cemeteries, plantations, antebellum mansions, and historic sites. They spent time with one another's families and friends and engaged in deep conversations about how the lingering trauma of slavery shaped their lives. *Gather at the Table* is the chronicle of DeWolf and Morgan's journey. Arduous and at times uncomfortable, it lays bare the unhealed wounds of slavery. As DeWolf and Morgan demonstrate, before we can overcome racism we must first acknowledge and understand the damage inherited from the past—which invariably involves confronting painful truths. The result is a revelatory testament to the possibilities that open up when people commit to truth, justice, and reconciliation. DeWolf and Morgan offer readers an inspiring vision

and a powerful model for healing individuals and communities.

This innovative text is the first to examine the contemporary psychological experience of African Americans through the lens of a positive, strengths-based model. It combats the deficit perspective that has permeated the psychological literature about African Americans by focusing on the strengths that have facilitated their growth and resilience—while also considering existing challenges and struggles. The author examines in depth the major areas of psychological research across family, peer, and romantic relationships, education, work, ethnic-racial socialization and identity, prosocial behavior and civic engagement, and the mental and physical health of African Americans today. With a focus on real life applications, the text includes pedagogical elements introducing topics in Current Events, Interventions in Practice, Individual Issues, African Cultural Values, and Media and Technology. Additional features include learning objectives in each chapter, discussion questions, a closing summary, an extensive trove of additional resources, and Power-

Points and a sample syllabus for instructors. Print version of book includes free, searchable, digital access to the entire contents. Key Features: Serves as the first text to examine African American psychology from a strengths-based perspective Grounded in a lifespan perspective Focuses on ethnic-racial socialization and ethnic-racial identity Addresses mental and physical health Demonstrates how communities have used strength-based techniques to achieve positive outcomes Integrate values common to Western Africa Includes learning objectives, discussion questions, closing summary, and boldfaced key terms Provides PowerPoints and a sample syllabus

In *Dark Work*, Christy Clark-Pujara tells the story of one state in particular whose role was outsized: Rhode Island. Historians have written expansively about the slave economy and its vital role in early American economic life. Like their northern neighbors, Rhode Islanders bought and sold slaves and supplies that sustained plantations throughout the Americas; however, nowhere else was this business so important. During the colonial period

trade with West Indian planters provided Rhode Islanders with molasses, the key ingredient for their number one export: rum. More than 60 percent of all the slave ships that left North America left from Rhode Island. During the antebellum period Rhode Islanders were the leading producers of "negro cloth," a coarse wool-cotton material made especially for enslaved blacks in the American South. Clark-Pujara draws on the documents of the state, the business, organizational, and personal records of their enslavers, and the few first-hand accounts left by enslaved and free black Rhode Islanders to reconstruct their lived experiences. The business of slavery encouraged slaveholding, slowed emancipation and led to circumscribed black freedom. Enslaved and free black people pushed back against their bondage and the restrictions placed on their freedom. It is convenient, especially for northerners, to think of slavery as southern institution. The erasure or marginalization of the northern black experience and the centrality of the business of slavery to the northern economy allows for a dangerous fiction—that North

has no history of racism to overcome. But we cannot afford such a delusion if we are to truly reconcile with our past.

An array of moving stories about confronting prejudice and racism also argues for the inherent oneness of the human race. Original.

America's problem with race has deep roots, with the country's foundation tied to the near extermination of one race of people and the enslavement of another. Racism is truly our nation's original sin. "It's time we right this unacceptable wrong," says bestselling author and leading Christian activist Jim Wallis. Fifty years ago, Wallis was driven away from his faith by a white church that considered dealing with racism to be taboo. His participation in the civil rights movement brought him back when he discovered a faith that commands racial justice. Yet as recent tragedies confirm, we continue to suffer from the legacy of racism. The old patterns of white privilege are colliding with the changing demographics of a diverse nation. The church has been slow to respond, and Sunday morning is still the most segregated hour of the week. In America's

Original Sin, Wallis offers a prophetic and deeply personal call to action in overcoming the racism so ingrained in American society. He speaks candidly to Christians--particularly white Christians--urging them to cross a new bridge toward racial justice and healing. Whenever divided cultures and gridlocked power structures fail to end systemic sin, faith communities can help lead the way to grassroots change. Probing yet positive, biblically rooted yet highly practical, this book shows people of faith how they can work together to overcome the embedded racism in America, galvanizing a movement to cross the bridge to a multiracial church and a new America.

NATIONAL BOOK CRITICS CIRCLE AWARD WINNER • The first full history of Black America's shocking mistreatment as unwilling and unwitting experimental subjects at the hands of the medical establishment. No one concerned with issues of public health and racial justice can afford not to read this masterful book. "[Washington] has unearthed a shocking amount of information and shaped it into a riveting, carefully documented book." —New York Times From the era

of slavery to the present day, starting with the earliest encounters between Black Americans and Western medical researchers and the racist pseudoscience that resulted, Medical Apartheid details the ways both slaves and freedmen were used in hospitals for experiments conducted without their knowledge—a tradition that continues today within some black populations. It reveals how Blacks have historically been prey to grave-robbing as well as unauthorized autopsies and dissections. Moving into the twentieth century, it shows how the pseudoscience of eugenics and social Darwinism was used to justify experimental exploitation and shoddy medical treatment of Blacks. Shocking new details about the government's notorious Tuskegee experiment are revealed, as are similar, less-well-known medical atrocities conducted by the government, the armed forces, prisons, and private institutions. The product of years of prodigious research into medical journals and experimental reports long undisturbed, Medical Apartheid reveals the hidden underbelly of scientific research and makes possible, for the

first time, an understanding of the roots of the African American health deficit. At last, it provides the fullest possible context for comprehending the behavioral fallout that has caused Black Americans to view researchers—and indeed the whole medical establishment—with such deep distrust.

This study guide is an essential instrument to providing the practical application of principles enumerated in the book: Post Traumatic Slave Syndrome - America's Legacy of Enduring Injury and Healing. Includes a summary of chapters from the book Post Traumatic Slave Syndrome . Includes charts, reflection and discussion questions and glossary . Tools for transforming negative behaviors into positive behaviors.

In this long-awaited, important and highly readable book, Dr. Na'im Akbar addresses these questions: " Are African-Americans still slaves ?" "Why can't Black folks get together ?" "What is the psychological consequences for Blacks and Whites of picturing God as a Caucasian ?" Learn how to break the chains of your mental slavery with this new book by one of the world's outstanding ex-

perts on the African American mind .

This acclaimed work by two black psychiatrists has established itself as the classic statement of the desperation, conflicts, and anger of black life in America.

Ever wondered what happened to your first love? Imagine bumping into them twelve years later and realizing you still fancy them rotten. That's exactly what happens to Dig Ryan when he sees Delilah again. Now imagine you're Nadine. You and Dig have been best friends for fifteen years. And you've finally realized that you're in love with him. So when Delilah - who always was your nemesis - returns, you're mad with jealousy and can't help behaving childishly. Like phoning your first love Phil - just to get your own back ... Thirty-Nothing is a story of ex-boyfriends, ex-girlfriends and friends dabbling with yesterday when they really should be thinking about today.

In the 16th century, the beginning of African enslavement in the Americas until the ratification of the Thirteenth Amendment and emancipation in 1865, Africans were hunted like animals, captured,

sold, tortured, and raped. They experienced the worst kind of physical, emotional, psychological, and spiritual abuse. Given such history, isn't it likely that many of the enslaved were severely traumatized? And did the trauma and the effects of such horrific abuse end with the abolition of slavery? Emancipation was followed by one hundred more years of institutionalized subjugation through the enactment of Black Codes and Jim Crow laws, peonage, convict leasing, domestic terrorism and lynching. Today the violations continue, and when combined with the crimes of the past, they result in yet unmeasured injury. What do repeated traumas, endured generation after generation by a people produce? What impact have these ordeals had on African Americans today? Dr. Joy DeGruy, answers these questions and more. With over thirty years of practical experience as a professional in the mental health field, Dr. DeGruy encourages African Americans to view their attitudes, assumptions, and behaviors through the lens of history and so gain a greater understanding of how centuries of slavery and oppression have impacted

people of African descent in America. Post Traumatic Slave Syndrome helps to lay the necessary foundation to ensure the well-being and sustained health of future generations and provides a rare glimpse into the evolution of society's beliefs, feelings, attitudes and behavior concerning race in America.

African American Psychology: From Africa to America, Fourth Edition provides comprehensive coverage of the field of African American psychology. Authors Faye Z. Belgrave and Kevin W. Allison skillfully convey the integration of African and American influences on the psychology of African Americans using a consistent theme throughout the text—the idea that understanding the psychology of African Americans is closely linked to understanding what is happening in the institutional systems in the United States. The Fourth Edition reflects notable advances and important developments in the field over the last several years, and includes evidence-based practices for improving the overall well-being of African American communities. New to the Fourth Edition Coverage of current issues affecting African Ameri-

cans and causing changes in the social-political environment include the Black Lives Matter movement, racial trauma, and more. Content from blogs has been added to chapter-opening cover stories to reflect the more modern ways news and information are obtained. More coverage of literature and research on Blacks throughout the diaspora, especially in Africa, provide historical context and documents heterogeneity among African Americans in the United States. Expanded coverage of topics as a result of recent research includes LGBTQ individuals, African American fathers, colorism, intersectionality, electronic cigarettes, social media, and more. More...

#1 Wall Street Journal bestseller! Jon Acuff, New York Times best-selling author of *Do Over*, *Quitter*, and *Start*, offers strategies for anyone who's ever wondered, "Why can't I finish what I started?" According to studies, 92 percent of New Year's resolutions fail. You've practically got a better shot at getting into Juilliard to become a ballerina than you do at finishing your goals. For years, I thought my problem was that I didn't try hard enough. So I start-

ed getting up earlier. I drank enough energy drinks to kill a horse. I hired a life coach and ate more superfoods. Nothing worked, although I did develop a pretty nice eyelid tremor from all the caffeine. It was like my eye was waving at you, very, very quickly. Then, while leading a thirty-day online course to help people work on their goals, I learned something surprising: The most effective exercises were not those that pushed people to work harder. The ones that got people to the finish line did just the opposite—they took the pressure off. Why? Because the sneakiest obstacle to meeting your goals is not laziness, but perfectionism. We're our own worst critics, and if it looks like we're not going to do something right, we prefer not to do it at all. That's why we're most likely to quit on day two, "the day after perfect"—when our results almost always underperform our aspirations. The strategies in this book are counterintuitive and might feel like cheating. But they're based on studies conducted by a university researcher with hundreds of participants. You might not guess that having more fun, eliminat-

ing your secret rules, and choosing something to bomb intentionally works. But the data says otherwise. People who have fun are 43 percent more successful! Imagine if your diet, guitar playing, or small business was 43 percent more successful just by following a few simple principles. If you're tired of being a chronic starter and want to become a consistent finisher, you have two options: You can continue to beat yourself up and try harder, since this time that will work. Or you can give yourself the gift of done.

Throughout the 400 years since the first "20 and odd Negroes" were brought to the British colonies, American Descendants of Slavery have experienced a Black Holocaust: enslavement, black codes, sharecropping, Jim Crow, lynchings, convict leasing, redlining, restrictive covenants, police brutality, subprime lending, mass incarceration, all of which have resulted in the ghettoization/impoverishment of black communities across America. Contained within each daily prayer and reflection page is an excerpt from the documentary, *The Underground Rail Road: A Record*, by William Still. Each excerpt is a direct quote

from Mr. Still; therefore, any wording that does not align with standard or contemporary English is reflective of that time. The second reading on the daily prayer and reflection page is a collection of historical facts revealing the ongoing systemic oppression leveled against our black forebears who were first enslaved and that continued against American Descendants of Slavery. The third writing on each daily prayer and reflection page is the "We Are the Voice of One" Prayer Declaration, which is adapted from Isaiah 40. We ask that you speak this prayer declaration aloud each day, and then close with your personal prayer. Participants are encouraged to participate in the 40 Days of Prayer within circles of influence -- with spiritual partners, church members, organization members, friends, and family members. During these 40 days, participants may want to join with others on a teleconference and read the daily reflections together. Be encouraged to join with those of other races or ethnicities. Everyone can pray aloud using the Prayer Declaration, with a designee closing the prayer time and paying homage to those formerly

enslaved and their descendants. At the close of the 40 days, participants are invited to host a commemoration ceremony. The ceremony guide is available as a separate resource.

Both an unflinching indictment of past wrongs and an impassioned call to America to educate its citizens about the history of Africa and its people, *The Debt* says in no uncertain terms what white America owes blacks—and what blacks owe themselves. In this powerful and controversial book, distinguished African-American political leader and thinker Randall Robinson argues for the restoration of the rich history that slavery and segregation severed. Drawing from research and personal experience, he shows that only by reclaiming their lost past and proud heritage can blacks lay the foundation for their future. And white Americans can begin making reparations for slavery and the century of racial discrimination that followed with monetary restitution, educational programs, and the kinds of equal opportunities that will ensure the social and economic success of all citizens. “Engaging...Robinson continues an important conversation...His anecdotes sup-

port his attempts to reclaim African American heritage and empower African Americans.”—*The Washington Post*

From acclaimed author and researcher Dr. Joy DeGruy comes this fascinating book that explores the psychological and emotional impact on African Americans after enduring the horrific Middle Passage, over 300 years of slavery, followed by continued discrimination. From the beginning of American chattel slavery in the 1500’s, until the ratification of the Thirteenth Amendment in 1865, Africans were hunted like animals, captured, sold, tortured, and raped. They experienced the worst kind of physical, emotional, psychological, and spiritual abuse. Given such history, Dr. Joy DeGruy asked the question, “Isn’t it likely those enslaved were severely traumatized? Furthermore, did the trauma and the effects of such horrific abuse end with the abolition of slavery?” Emancipation was followed by another hundred years of institutionalized subjugation through the enactment of Black Codes and Jim Crow laws, peonage and convict leasing, and domestic terrorism and lynching. Today the viola-

tions continue, and when combined with the crimes of the past, they result in further unmeasured injury. What do repeated traumas visited upon generation after generation of a people produce? What are the impacts of the ordeals associated with chattel slavery, and with the institutions that followed, on African Americans today? Dr. DeGruy answers these questions and more as she encourages African Americans to view their attitudes, assumptions, and emotions through the lens of history. By doing so, she argues they will gain a greater understanding of the impact centuries of slavery and oppression has had on African Americans. *Post Traumatic Slave Syndrome* is an important read for all Americans, as the institution of slavery has had an impact on every race and culture. “A masterwork. [DeGruy’s] deep understanding, critical analysis, and determination to illuminate core truths are essential to addressing the long-lived devastation of slavery. Her book is the balm we need to heal ourselves and our relationships. It is a gift of wholeness.”—Susan Taylor, former Editorial Director of *Essence* magazine

An exploration of grief and racial trauma through the eyes of a Black end-of-life caregiver. Most of us understand grief as sorrow experienced after a loss—the death of a loved one, the end of a relationship, or a change in life circumstance. Breeshia Wade approaches grief as something that is bigger than what's already happened to us—as something that is connected to what we fear, what we love, and what we aspire toward. Drawing on stories from her own life as a Black woman and from the people she has midwived through the end of life, she connects sorrow not only to specific incidents but also to the ongoing trauma that is part and parcel of systemic oppression. Wade reimagines our relationship to power, accountability, and boundaries and points to the long-term work we must all do in order to address systemic trauma perpetuated within our interpersonal relationships. Each of us has a moral obligation to attend to our own grief so that we can responsibly engage with others. Wade elucidates grief in every aspect of our lives, providing a map back to ourselves and allowing the reader to heal their innate

wholeness.

Ron Eyerman explores the formation of African American identity through the cultural trauma of slavery. soft cover printed 2012

One group that has received little attention in the psychological literature, with regards to issues of race as related to the practice of psychology, is the military. The military is a unique cultural entity that most people think provides soldiers of African descent with the system and resources they need to serve in the U.S. military. Author, Janetra Johnson, had chronological over a decade of National Guard history, in which she discovered the National Guard erroneously maintained a deregulated EEO and AEP program. Janetra is a military veteran and she fought the Guard over its deregulated pay policy during the California National Guards largest financial crisis. The California National Guard's recruiting bonus controversy was the largest known financial calamity and it had received little attention. Inside the book, Janetra walks her readers through the process of how she dealt with those financial thoughts of slavery and the Jim Crow era. The book is written from the

perspective of a veteran of African descent, who had experienced Post Traumatic Slave Syndrome (PTSS) while serving in the California Air National Guard and has managed to experience a great reduction of these symptoms over the years. The book tells the story of how she found out about PTSS. What is Post Traumatic Slave Disorder? According to Wikipedia, Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing (PTSS) is a 2005 book resulting from years of historical and psychological research by Dr. Joy DeGruy (née Leary), Ph.D. PTSS describes a set of behaviors, beliefs and actions associated with or, related to multi-generational trauma experienced by African Americans that include but are not limited to undiagnosed and untreated Post Traumatic Stress Disorder (PTSD) in enslaved Africans and their descendants. PTSS posits that centuries of slavery in the United States, followed by systemic and structural racism and oppression, including lynching, Jim Crow laws, and unwarranted mass incarceration, have resulted in multigenerational maladaptive behaviors, which originated

as survival strategies."ABOUT THE AUTHOR:Janetra Johnson studied the African American culture during slavery and the Jim Crow era. She also studied women rights. She earned a Bachelors in Philosophy, Pre-law, and a Masters degree in Business Administration. She had written a series of books about her experiences in the California National Guard. These books were written from the perspective of an African American veteran.

Transform Negative Thoughts and Behaviors into Positive Ones with the Help of this Empowering Guide! "Should I sacrifice my life to live 'Half American'?" "Will things be better for the next generation in the peace to follow?" "Is the kind of America I know worth defending?" Those were just some of the heart-wrenching questions put forward in a letter by a 26-year-old dark-skinned African-American army veteran named James G. Thompson in the 1940s. His letter was addressed to the editors of the Pittsburgh Courier, which the latter then published. Post Traumatic Slave Syndrome is a mental and social theory coined by Dr. Joy DeGruy. It takes into

account a series of events and situations, including Jim Crow laws, mass incarceration, and natural disasters, over time that are meted out more harshly against the African-American community, beginning with slavery in America. Inside this book, the author Janetra Johnson discusses how she found out about Post Traumatic Slave Syndrome, how she was able to manage her negative thoughts, as well as what other veterans should look forward to when visiting a military therapist to discuss their racial and financial thoughts of slavery and Jim Crow. Johnson seeks to help other veterans left with psychological wounds after a racial incident during military service by providing practical tools to help them develop skills that transform negative attitudes and behaviors into positive ones — with the end goal of empowering the veteran to not just survive, but also thrive as they live life and achieve true healing. Over the course of this inspiring book, you will: - Immerse yourself in a military veteran's first-hand account of her fight for justice and the mental health struggles she faced during those challenges - Identify triggers and symptoms,

so you can avoid a personal crisis and stay on track towards self-improvement - Learn 3 practical and useful tips to reduce those unwanted and intrusive thoughts of slavery and Jim Crow - And so much more! What makes this book unique is that it addresses the personal and private dilemmas dark-skinned African-American military soldiers and veterans have struggled with for generations. In Johnson's own words, "Keep moving forward."

The instant New York Times and USA Today bestseller America is suffering from PTSD—The Reckoning diagnoses its core causes and helps us begin the healing process. For four years, Donald J. Trump inflicted an onslaught of overlapping and interconnected traumas upon the American people, targeting anyone he perceived as being an "other" or an enemy. Women were discounted and derided, the sick were dismissed as weak and unworthy of help, immigrants and minorities were demonized and discriminated against, and money was elevated above all else. In short, he transformed our country into a macro version of his malignantly dysfunctional

family. How can we make sense of the degree to which our institutions and leaders have let us down? How can we negotiate a world in which all sense of safety and justice seems to have been destroyed? How can we—as individuals and as a nation—confront, process, and overcome this loss of trust and the ways we have been forever altered by chaos, division, and cruelty? And when the dust finally settles, how can we begin to heal, in the midst of ongoing health and economic crises and the greatest political divide since the Civil War? Mary L. Trump is uniquely positioned to answer these difficult questions. She holds a Ph.D. in clinical psychology specializing in trauma, has herself been diagnosed with post-traumatic stress disorder, and happens to be Donald J. Trump's only niece. In *The Reckoning*, she applies her unique expertise to the task of helping us confront an all-encompassing trauma, one that has taken an immense toll on our nation's health and well-being. A new leader alone cannot fix us. Donald J. Trump is only the latest symptom of a disease that has existed within the body politic since America's inception—from the original sin

of slavery through our unceasing, organized commitment to inequality. Our failure to acknowledge this, let alone root it out, has allowed it to metastasize. Now, we are confronted with the limits of our own agency on a daily basis. Whether it manifests itself in rising levels of rage and hatred, or hopelessness and apathy, the unspeakable stress of living in a country we no longer recognize has affected all of us for a long time, in ways we may not fully understand. An enormous amount of healing must be done to rebuild our lives, our faith in leadership, and our hope for this nation. It starts with *The Reckoning*. In this open letter to Black men and women, we take the focus off the proverbial "white man" and talk about what we can control. I have a simple belief: when you control what you can, you are preparing what you cannot control to eventually be in your control. Doing so begins with a courageous conversation about the intra-personal and interpersonal commitment Black men and women need to undergo to protect and improve the family nucleus and overcome the fragility toward being accountable. Unaccountability is a

plague against the human will. Black people cannot continue to be unaccountable for their contribution to the dissolution of our Black communities. Otherwise, you point blame elsewhere and remain profoundly stagnant and spiritually and economically impoverished as a people. We must do better where we can. Please understand, if you do not self-identify as a Black person, be advised this book is not intended for you. You can put it down. However, if you decide to continue reading, understand no part of this book is intended for non-Black people to weaponize against Black people. Instead, be reflective of systemic racism and the exhaustive list of injustices that have contributed to the plight of Black people throughout the United States of America and the world-at-large. Winner of the OUTSTANDING FICTION AWARD - The Southern California Writers' Conference Set in Ghana, West Africa, 1785 to 1801 in Book 1, *Folayan*, the long-awaited girl-child, in whom the fate of the clan exists, is adored and adventurous, and must be reminded that her name means "one who walks in dignity."

"The study guide is an essential instrument to providing the practical application of principles enumerated in the book: Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing." The guide includes summaries of the book's chapters; reflection and discussion questions; a glossary; and tools for transforming negative behaviors in positive behaviors--From the cover. An ex-Soviet KGB agent details his primary mission to work undercover in the United States for over a decade and discusses his change of allegiance and defection from the KGB. --Publisher's description.

An important analysis of the conflicts many African Americans endure as they

struggle to balance two competing world views--African and European American.

Opening with a powerful letter to former Tacoma police chief David Brame, who shot his estranged wife before turning the gun on himself, Norm Stamper introduces us to the violent, secret world of domestic abuse that cops must not only navigate, but which some also perpetrate. Former chief of the Seattle police force, Stamper goes on to expose a troubling culture of racism, sexism, and homophobia that is still pervasive within the twenty-first-century force; then he explores how such prejudices can be addressed. He reveals the dangers and temptations that cops face, describing in gripping detail the split-se-

cond life-and-death decisions. Stamper draws on lessons learned to make powerful arguments for drug decriminalization, abolition of the death penalty, and radically revised approaches to prostitution and gun control. He offers penetrating insights into the "blue wall of silence," police undercover work, and what it means to kill a man. And, Stamper gives his personal account of the World Trade organization debacle of 1999, when protests he was in charge of controlling turned violent in the streets of Seattle. Breaking Rank reveals Norm Stamper as a brave man, a pioneering public servant whose extraordinary life has been dedicated to the service of his community.