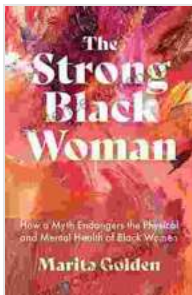


Confronting the Dangers of Myth in the Lives of Black Women

In her groundbreaking book, *Post-Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing*, Dr. Joy DeGruy Leary unveils the harmful myths that endanger the physical and mental health of Black women. With a focus on how these myths have been perpetuated throughout history, Leary provides a roadmap for resistance and healing.



The Strong Black Woman: How a Myth Endangers the Physical and Mental Health of Black Women (African American Studies) by Marita Golden

★★★★☆ 4.8 out of 5

Language	: English
File size	: 4849 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 190 pages



The Dangers of Myth

Myths are stories that we tell ourselves about the world around us. They can be based on truth, but they can also be based on falsehoods. When myths are harmful, they can have a devastating impact on our lives.

For Black women, there are many myths that have been perpetuated throughout history. These myths have been used to justify everything from slavery to sexual violence. They have also been used to create a culture of silence and shame around mental illness.

The following are some of the most common myths about Black women:

- Black women are strong and resilient.
- Black women are angry and aggressive.
- Black women are promiscuous.
- Black women are lazy.
- Black women are not as intelligent as white women.

These myths are not only harmful to Black women, but they are also harmful to society as a whole. They create a culture of fear and mistrust that makes it difficult for Black women to thrive.

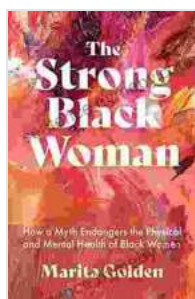
Resistance and Healing

In her book, Leary provides a roadmap for resistance and healing. She argues that the first step is to challenge the harmful myths that we have been taught about Black women. We need to learn to see Black women as they truly are: complex, diverse, and resilient.

Once we have challenged the myths, we can begin to heal the wounds that they have caused. This healing process will not be easy, but it is necessary. We need to create a culture of support and compassion for Black women. We need to make sure that Black women have access to the resources they need to heal and thrive.

Leary's book is a powerful call to action. It is a must-read for anyone who wants to understand the challenges facing Black women today. It is also a source of hope and inspiration. Leary's work shows us that it is possible to overcome the harmful myths that have been perpetuated about Black women. It is possible to create a more just and equitable society for all.

To learn more about Dr. Joy DeGruy Leary and her work, please visit her website: <https://www.joydegruyleary.com/>.



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