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# Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing

*Joy DeGruy Leary*

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## **Joy DeGruy Leary : Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing**

before purchasing it in order to gage whether or not it would be worth my time, and all praised Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing:

4 of 4 people found the following review helpful. She examines the continued utility of certain adaptations and changes that can and should be made by the victims of this horriblBy John H. ArmwoodFinally available on the Kindle this book reveals the nature and damage caused by nearly four hundred years of African Americans living as a conquered but not surrendered people. Ms. DeGruy meticulously examines the horrors experienced by the psyches of Black Americans from slavery through the present era of mass incarceration. She examines how African Americans have adapted and survived. She examines the continued utility of certain adaptations and changes that can and should be made by the victims of this horrible history of oppression. Read this book. It is excellent.2 of 2 people found the following review helpful. Explains so much of the beauty and turmoil of Black AmericansBy CustomerThis book was life changing for me, and in so not say that lightly. As a twenty something Black American scholar, always being on the fringe of Blackness as peers and society define it, this book made so many connections between Black culture and enslavement that I had not considered. Those that I have been thinking of have been further supported. I am even more inspired to continue learning about my family's history and the contribution of African Americans dismissed from our public education history books2 of 2 people found the following review helpful. Innovative ,thought provoking labour

of loveBy Brittany JacksonDr. Joy DeGruy's insight and passion and personality are transmitted with every syllable. Multigenerational trauma due to 246 years of American Chattel Slavery and systematic racism has left a large seeping open wound in the minds, bodies and souls of the descendants of American slaves. We have to focus on rebuilding our emotional physical mental and financial selves as well as our children. Let the healing begin!!!

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 violations 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

"At last, the book that all people who are truly interested in understanding the lingering psychological and social impact of enslavement on Africans and Europeans has arrived. It is no exaggeration to say that Dr. DeGruy's Post Traumatic Slave Syndrome will mark a milestone in the understanding of the relationship between racism and slavery. Read this book again and again and then give it to your friends, family and colleagues who want to understand how the ghost of slavery haunts us all." (Dr. Ray Winbush, Institute for Urban Research, Morgan State University) "Dr. Joy DeGruy is a priceless asset to us all. She has lifted the bandages from the 400 year-old abscess of slavery that remains un-healed. Many black and white Americans have been taught that slavery ended by legislative means in 1865 - so the issue is neatly side-stepped in school curricula, print and broadcast media. However, the hallmark of classroom teaching and responsible journalism must be proper context - for full understanding. The removal of the slave shackle is important, but what about the emotional damage suffered by the enslaved? Dr. DeGruy has raised this argument brilliantly, for years, lecturing far and wide. Her many appearances on my program, Like It Is, have evoked huge audience reactions from our viewers. Many have told me how coming to understand Dr. DeGruy's message on Post Traumatic Slave Syndrome has helped them grapple with the multiplicity of problems today. I share those feelings of my viewers. Now Dr. DeGruy has set down her highly important message/thesis in print. And so, to quote this wondrous physician: 'Let the healing begin.'" (Gil Noble, Producer and Host, Like It Is, WABC-TV) "Dr. DeGruy's mesmerizing, riveting book is vital reading for our time. The corrosive residue on unmitigated and unrelieved atrocities called chattel slavery scours out the very core of our national identity. Neither the descendants of chattel slavery nor its designers have been unscathed. One - doomed to mythologize its meaning, the other - to turn searing pain into self-loathing. We ignore our history at our own peril. With Dr. DeGruy's potent words we can and will heal." (Adeliade L. Sanford, Vice Chancellor, Board of Regents, State of New York) "Dr. Joy DeGruy's Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing is a masterwork. Her 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)