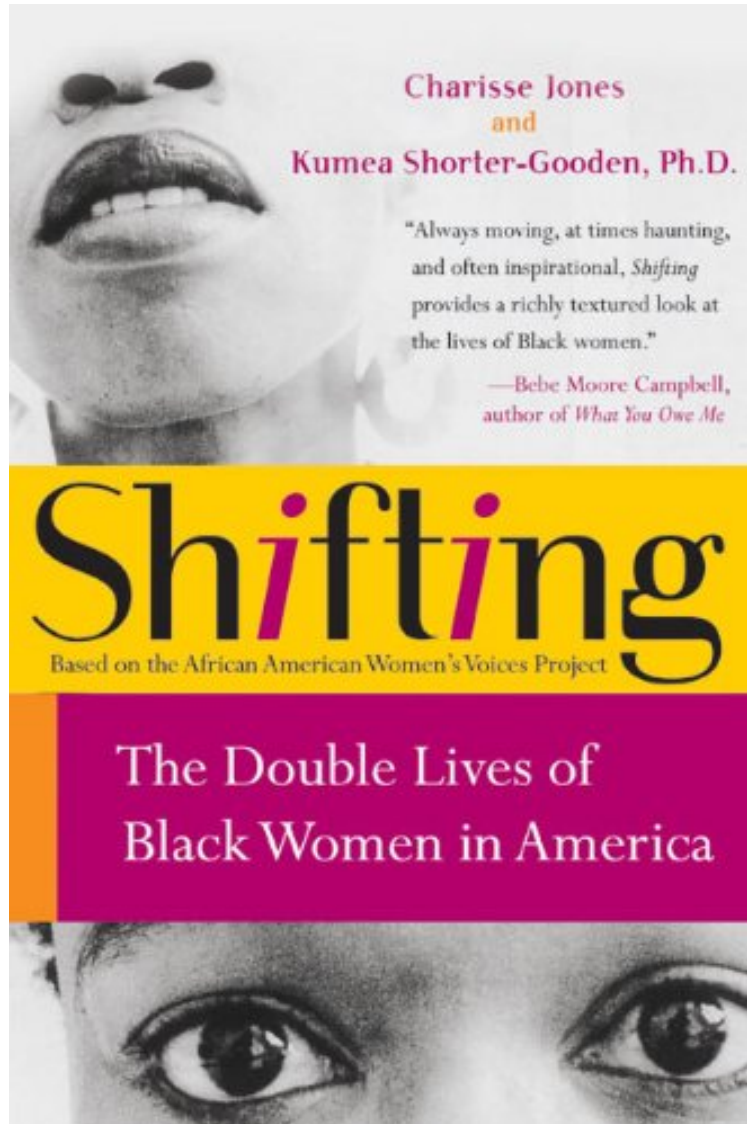


[Free read ebook] Shifting: The Double Lives of Black Women in America

Shifting: The Double Lives of Black Women in America

Charisse Jones, Kumea Shorter-Gooden
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#117627 in Books Jones, Charisse/ Shorter-Gooden, Kumea 2004-07-27 2004-07-27Original language:EnglishPDF # 1 8.00 x .83 x 5.311, .63 #File Name: 0060090553368 pages | File size: 78.Mb

Charisse Jones, Kumea Shorter-Gooden : Shifting: The Double Lives of Black Women in America before purchasing it in order to gage whether or not it would be worth my time, and all praised Shifting: The Double Lives of Black Women in America:

0 of 0 people found the following review helpful. A deeper, layered insight into the lives of many Black women today. Required reading for those who really want to have a clue.By FidokiSmart, detailed study with anecdotal information on race and gender bias as experienced by African American women. These women's experiences were the basis for

the analyses by Jones and Shorter-Gooden. The authors go beyond the superficial to unearth, define and clearly depict the compromise of shifting in the lives of African American women. It affords the reader an intimate, seldom seen view of the manifestations of shifting as well as the resulting pain and cost to the women in the Women's Voices Project. Shifting walked the reader through the women becoming aware of the behavior, their slow recognition of the impact it has/ had on their lives and their resultant assessments of the long term negative effects of being forced to shift. The negative effects were born out by virtue of the consequences they already endured. The therapeutic process however gave the participants (and gives the readers) the chance to own the art of the shift and use it as a tool to add to their skills arsenal instead of unwittingly enabling shifting to diminish their self esteem and self worth. 3 of 3 people found the following review helpful. Women (Black) in AmericanBy Nicole Rai Shifting: the act of changing between various personas for the sake of survival, acceptance and maybe even self-worth. This book talks about the different myths in which (black) women often times define themselves. Ways of coping with issues that affect how they express themselves, think and live their lives. Sexism and discrimination are two major topics that are discussed through-out this book. The authors of this book share several testimonials' , from women of color from all walks of life. through interviews conducted by way of the Women's Voice Project. These women share their stories of Shifting- sexism, discrimination and how they've felt . Also exposing how at some point in their lives these things have forced them to shift as a way of protection, provision and acceptance in society. Shifting isn't just about changing your voice, dress code or appearance; yet it is a lifestyle for many. Black women are confronted with many different stereotypes as it relates to racial, gender differences, behavioral and even the joys of being a (black) women. Many times Shifting is done within a woman's own family, workplace, church community and circle of friends. There are many myths often attached to black women: Inferiority, Unshakability, Non-Femininity, and Criminality. All (black) women can relate to these myths being judged based on one's race and gender. Much of these myths are ever so real for many (black) women because of their educational backgrounds, social and financial status, child-hood mishaps etc . Having these myths about one's self is often triggered and develops a mindset of them to be true. Reading this book brought about a great level of awareness for me. Allowing me to identify acts of shifting within myself and those around me. I was able to instantly identify with various myths testimonials shared within the book. Women (black) often times deny themselves in order to serve and satisfy others in any capacity. By doing so (black) women then subconsciously conform to those shifting methods within. Thus allowing this to alter their lifestyles both internally and externally. One of the biggest threats to African American women is shifting within its own culture. Many women (black) often deal with sexism, discrimination within their families/ friendships, relationships, and churches causing them to shift just to be accepted within these social groups. Moreover, none of these issues are ever confronted head-on or discussed to protect those with-in the community. After reading this book, I definitely think all women despite race, religious beliefs or status should read this. Overall, I thought the authors did a good job of covering various areas of how and what women experience through-out life. However, i would have liked to see insight offered to women of moving forward. 0 of 0 people found the following review helpful. African American women are celebrated and loved on in this remarkable work By Deltareviewer Charisse Jones is an award winning author and reporter for USA today. Kumea Shorter-Gooden is a licensed psychologist and professor of psychology at Alliant International University. This book carefully recreates the emotional rollercoaster that Black women ride every day in corporate America. This work rest on the African American Women's Voices Project (AAWBP), which interviewed four hundred African American women from across the United States. Overwhelmingly the women commented that they are always shifting from "White" to "Black" in terms of their vocabulary, interactions, movements, and emotional stress. This is viewed as a coping skill that often diminishes the joys of living an authentic life. Jones notes that this is causing detrimental mental and emotional stress on Black women. The continued effects of racism and sexism makes African American women susceptible to many issues: anxiety, low self-esteem, eating disorders, obesity, depression, and self-hatred. African American women are allowed to share their feelings and voice their concerns in this ground breaking research. While the term sister circle is not mentioned, it is referred to in terms of seeking out others from similar backgrounds and having regular breaks with women pressing through similar issues. There are suggestions for how to live through the effects of racism and sexism. The narrative is most important as the women deal with motherhood, issues in the workplace, accepting their beauty (however different that may be), building relationships with men and women of other cultures, and accommodating their truth in spirituality. African American women are celebrated and loved on in this remarkable work.

Based on the African American Women's Voices Project, Shifting reveals that a large number of African American women feel pressure to compromise their true selves as they navigate America's racial and gender bigotry. Black women "shift" by altering the expectations they have for themselves or their outer appearance. They modify their speech. They shift "White" as they head to work in the morning and "Black" as they come back home each night. They shift inward, internalizing the searing pain of the negative stereotypes that they encounter daily. And sometimes they shift by fighting back. With deeply moving interviews, poignantly revealed on each page, Shifting is a much-needed, clear, and comprehensive portrait of the reality of African American women's lives today.

