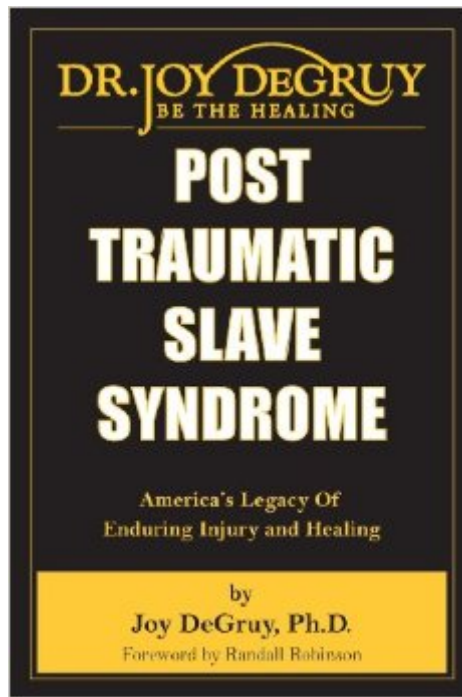


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# Post Traumatic Slave Syndrome



## Synopsis

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## Book Information

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Best Sellers Rank: #3,558 in Books (See Top 100 in Books) #8 in [Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder](#) #15 in [Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Minority Studies](#) #18 in [Books > History > Americas > United States > African Americans > Discrimination & Racism](#)

## Customer Reviews

I had came across this phenomenal lecturer on Youtube.com (from the advice of my mentor) and knew instantly that I wanted to hear more of what this woman had to say. This book is a great supplement to her Youtube.com video at <http://youtu.be/PMVRyD4UIHk?t=20s>. The Youtube video could stand alone; whereas, this book is icing. The Youtube seemed more detailed, especially in terms of cognitive dissonance and other things like the postcard pictures of lynchings. I think the video is more recent and therefore there are more supporting facts. Regardless, this should be required reading for African Americans, especially in an academic setting. Even though America has a tarnished past, especially when it comes to the stain of slavery and the subsequent treatment of African Americans, this book offers hope and concrete steps to heal from PTSS. This book has touched me at a deep level, just hearing about other people's reactions was very validating, especially when it comes to anger seething beneath the surface. One thing that I enjoyed learning through the video that wasn't in the book was that the Statue of Liberty's chains (not shown in most photos or on film) was supposed to symbolize America's abolition of slavery in 1865. We don't hear about that, but this has been a fact verified on the government's website at [www.nps.gov/stli/historyculture/abolition.htm](http://www.nps.gov/stli/historyculture/abolition.htm). This woman is phenomenal and I hope the truth continues to come out.

This subject matter needs to be implemented in the US educational system. It's very important that all races get an understanding of this syndrome. I can not express how vital it is to read for a person of an African American heritage. This book will give a person of a non African American heritage insight into the mental plight of a African American living in America. It also, leaves the African American reader with a feeling that they are not alone in their thoughts of how slavery, Jim Crow, civil rights and now the prison industrial complex has and continues to effect the psyche of the present African American community. I thank the Dr. Joy for her research and dedication to writing this book. Excellent research references as well.

Finally got around to buying this book... That was the best thing I did as far as literature is concerned. An African / Afrikan book, authored by An african / Afrikan for Africans /Afrikans describing an African / Afrikan problem.I highly recommend this read to all Africans/ Afrikans wherever they may reside for this will give one a clear explanation as to why some behave as they do and most importantly the psychological wounds that many have been carrying over and across generations to the present day. This is not limited to African Americans but also applies to the wounded minds in the colonized countries.I cannot find enough words to describe the relevance of this reading and I will summarize with the following words from Cicero "Not to know what happened before you were born is to remain forever a child."

A relevant book given today's racial climate; post-Michael Brown, post-Eric Garner, etc...DeGruy provides an in-depth assessment of what could be the root cause of the radical divide when it comes to matters concerning race. Her theory, Post Traumatic Slave Syndrome (PTSS), would be a plausible explanation for the various reactionary behaviors exhibited by those in the African American community. PTSS is a syndrome, a condition based on multi-generational trauma and the absence of opportunity for a specific group or population. For African Americans this trauma would be caused by slavery and its abhorrent legacy, Jim Crow, and other societal ills that result in making African Americans feel inferior. Sure, the days of slavery have long passed, but the key-word here is: 'multi-generational'. According to DeGruy, how our ancestors had to compensate and adapt -in order to survive- and having that adaptation passed down from generation to generation is a major component of PTSS:"...what is not often addressed is the role our history has played in producing these negative perceptions, images and behaviors....transmitted down through generations." (pp.13,14)In the opening chapters, Degruy lays the groundwork to support her thesis; providing the

historical context that directly relates to PTSS. Later, PTSS is defined, shown how it can manifest itself, and remedies are suggested to move us forward via positive change.

I was amazed to identify so many traits that I have practiced all my life and did not realize the connections to my past history. I highly recommend this book to all who have been inheritants and survivors of degradation and misery suffered in past generations and handed down as measures of protection and survival of our race in America and elsewhere.

As I read this book, I couldn't put it down. It was well-written and informative. This book will change your life for the better if you're real about who you are.

No one wants to admit what a profound effect the past has on the present. Maybe it's an American thing ... to reinvent the past, forgetting the most shameful parts of history and therefore create an America that always should have existed. There is only one problem: we carry the scars of our sins and pass them on to our children. I loved this book and I highly recommend it.

Great read! The book gives great insight into the maladies still lingering after the institution of slavery was abolished. This book reminds all of us of the struggle Black Americans have in this country and throughout the world. This informative book should be required reading for everyone, especially the descendants of the slaves. But all people should read it!!

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