



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

By Joy DeGruy Leary



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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**

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

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### Editorial Review

#### Review

“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)

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#### Jo Melvin:

Information is provisions for those to get better life, information today can get by anyone with everywhere. The information can be a understanding or any news even an issue. What people must be consider any time those information which is from the former life are challenging to be find than now's taking seriously which one works to believe or which one the resource are convinced. If you obtain the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All those possibilities will not

happen with you if you take Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing as your daily resource information.

**Bert Ferguson:**

Your reading sixth sense will not betray you, why because this Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing publication written by well-known writer who knows well how to make book that could be understand by anyone who also read the book. Written in good manner for you, leaking every ideas and writing skill only for eliminate your own hunger then you still hesitation Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing as good book not only by the cover but also with the content. This is one guide that can break don't determine book by its cover, so do you still needing an additional sixth sense to pick this!? Oh come on your reading sixth sense already told you so why you have to listening to an additional sixth sense.

**Sergio Espinoza:**

Are you kind of active person, only have 10 or maybe 15 minute in your day to upgrading your mind talent or thinking skill possibly analytical thinking? Then you are having problem with the book compared to can satisfy your short time to read it because all of this time you only find guide that need more time to be read. Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing can be your answer mainly because it can be read by a person who have those short spare time problems.

**Heather Stewart:**

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