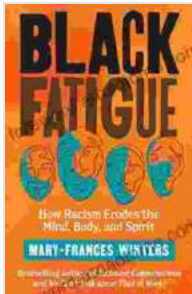


How Racism Erodes the Mind, Body, and Spirit



Black Fatigue: How Racism Erodes the Mind, Body, and Spirit by Mary-Frances Winters

★★★★☆ 4.8 out of 5

Language	: English
File size	: 5255 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 256 pages



Racism is a public health crisis that has devastating effects on the mental, physical, and spiritual health of people of color.

In her groundbreaking book, "How Racism Erodes the Mind, Body, and Spirit," Dr. Joy DeGruy Leary explores the ways in which racism erodes the mind, body, and spirit, and offers strategies for healing and resilience.

The Mental Effects of Racism

Racism can have a profound impact on mental health. People of color who experience racism are more likely to experience depression, anxiety, and post-traumatic stress disorder (PTSD).

Racism can also lead to cognitive impairment. Studies have shown that people of color who experience racism are more likely to have difficulty concentrating, remembering, and making decisions.

The Physical Effects of Racism

Racism can also have a negative impact on physical health. People of color who experience racism are more likely to have heart disease, stroke, diabetes, and cancer.

Racism can also lead to premature aging. Studies have shown that people of color who experience racism have shorter lifespans than white people.

The Spiritual Effects of Racism

Racism can also have a devastating impact on spiritual health. People of color who experience racism are more likely to feel isolated, alienated, and disconnected from their community.

Racism can also lead to a loss of faith. Studies have shown that people of color who experience racism are more likely to lose faith in God or in the goodness of humanity.

Healing from the Effects of Racism

The effects of racism can be devastating, but there is hope for healing and resilience.

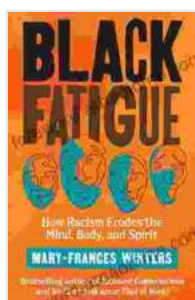
Dr. Leary offers a number of strategies for healing from the effects of racism, including:

- Seeking professional help

- Connecting with other people of color who have experienced racism
- Educating yourself about racism
- Challenging racist stereotypes and beliefs
- Taking care of your physical and mental health
- Finding joy and meaning in your life

Racism is a public health crisis that has devastating effects on the mental, physical, and spiritual health of people of color. It is a problem that we can no longer afford to ignore.

Dr. Leary's book, "How Racism Erodes the Mind, Body, and Spirit," is a powerful call to action. It is a book that will help us to understand the effects of racism and to work towards healing and resilience.



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