

## ~ NO MORE MARTYRS ~

### Recommended Reading

#### Title

#### Author

In Search of Our Mothers' Gardens	Alice Walker
Ain't I a Woman	Bell Hooks
Willow Weep for Me	Meri Nana-Ama Danquah
What Mama Couldn't Tell Us About Love	Dr. Brenda Wade
Talking Back	Bell Hooks
Sisters of the Yam: Black Women and Self-Recovery	Bell Hooks
Meditations for Women Who Do Too Much	Anne Wilson Schaefer
Women, Anger & Depression	Lois Frankel
When Chickenheads Come Home to Roost	Joan Morgan
Shifting	C. Jones & K. Shorter-Gooden
Black Macho and the Myth of the Superwoman	Michele Wallace
What the Blues Is All About	A. D. Mitchell
Can I Get a Witness?: Black Women and Depression	Julia A. Boyd
Being a Strong Black Woman Can Get U Killed!!	Laini Mataka
Mental Health in Black America	H. W. Neighbors & J. S. Jackson
Black Pain: It Just Looks Like We're Not Hurting	Terrie M. Williams
The New Black: Mourning, Melancholia and Depression	Darian Leader
Brainwashed	Tom Burrell
Not all Black girls know how to eat: A story of bulimia	Stephanie Covington Armstrong
The New Jim Crow	Michelle Alexander
Black Woman Redefined	Sophia Nelson
Sister Citizen	Melissa V. Harris-Perry
The Myth of the Strong Black Woman	Shawn James
Americanah	Chimamanda Ngozi Adichie
Post Traumatic Slave Syndrome	Joy Angela Degruy
Strong on the Outside, Dying on the Inside	Lisa M. Brown
Black, Beautiful and "Bipolar?"	Myisha Hill

Lay My Burden Down: Unraveling Suicide and the Mental Health Crisis among African-Americans  
Alvin F. Poussaint and Amy Alexander

The Nia Guide for Black Women: Choosing Health and Wellness  
Sheryl Huggins and Cheryl Mayberry

Hungry for More: A Keeping-it-Real Guide for Black Women on Weight and Body Image  
Robyn McGee

Broken Silence: Opening Your Heart and Mind to Therapy--A Black Woman's Recovery Guide  
Dorothy Kim Singleton

Soothe Your Nerves: The Black Woman's Guide to Understanding & Overcoming Anxiety, Panic, and Fear  
Angela Neal-Barnett Ph.D.

The Real Lives of Strong Black Women: Transcending Myths, Reclaiming Joy  
Toby Thompkins

Saving Our Last Nerve: The African American Woman's Path to Mental Health  
Martin, M D Martin

Fierce Angels: The Strong Black Woman in American Life and Culture  
Sheri Parks

Today I Rise: Health & Healing For African American Single Mothers  
F.B. McCall-Smith

Behind the mask of the strong black woman: voice and the embodiment of a costly performance  
Tamara Beauboeuf-Lafontant

Walk like you have somewhere to go: my journey from mental welfare to mental health  
Lucille O'Neal

Fighting the Blues as a Black Woman: How I Survived Suicidal Depression  
Tanisha L. Herrin

Herstories: Leading With the Lessons of the Lives of Black Women Activists  
Judy A. Alston, Patrice A. McClellan

Unfinished Business: Black Women, the Black Church, and the Struggle to Thrive in America  
Keri Day

Further to Fly - Black Women & the Politics of Empowerment  
Sheila Radford-Hill

Saints, Sinners, Saviors: Strong Black Women in African American Literature  
Trudier Harris

In and Out of Our Right Minds: The Mental Health of African American Women  
Diane Brown and Verna Keit

Body & Soul: The Black Women's Guide to Physical Health and Emotional Well-Being  
Linda Villarosa, June Jordan and Angela Davis