



Charisse Jones
and
Kumea Shorter-Gooden, Ph.D.

"Always moving, at times haunting,
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the lives of Black women."

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author of *What You Owe Me*

Shifting

Based on the African American Women's Voices Project

The Double Lives of
Black Women in America



Shifting The Double Lives Of Black Women In America

Danielle Dickens, Dionne Stephens



Shifting The Double Lives Of Black Women In America:

Shifting Charisse Jones, Kumea Shorter-Gooden, 2003-09-02 Do you ever feel that you have to leave your true self at the door in order to placate White colleagues Do you downplay your abilities for fear of outshining Black men Do you speak one way in the office another way to your girlfriends Is it sometimes a struggle to feel good about how you look your skin color your hair your body size and shape In this arresting and groundbreaking work authors Charisse Jones and Kumea Shorter Gooden Ph D articulate with deep understanding what it is really like to be Black and female in America today Based on the African American Women s Voices Project an interview and questionnaire study with four hundred women across the United States and from many walks of life Shifting reveals that a large number of Black women feel pressure to compromise their true selves in order to fit in to American society From one moment to the next they report changing inwardly and outwardly Shifting White then Shifting Black again Shifting corporate Shifting cool a coping and survival skill that often diminishes the joys of living an authentic life Shifting can have a devastating effect on a woman s body and soul In a culture that is both racist and sexist Black women are suffering They are susceptible to an array of psychological problems including anxiety low self esteem disordered eating depression and even outright self hatred They may make others feel comfortable but too often they are left feeling conflicted weary and alone Yet their revealing voices are utterly cathartic As Black women talk openly about their lives contending with the workplace mothering coming to terms with their beauty forging relationships with men living their spirituality they describe what it takes to make it despite everything and bring to light how essential it is to explode the myths and stereotypes still in place With this deeper perspective Black women will find the path back to their true selves and come to understand how important it is to be aware of Shifting in their own lives And readers of all genders and ethnicities will gain a heightened sensitivity to the continued damage wrought by bias and prejudice and an increased awareness of what we can all do to make a difference *Shifting : the Double Lives of Black Women in America* Charisse Jones, *Mythologizing Black Women* Brittany C. Slatton, 2015-11-17 In this book Brittany C Slatton uses innovative internet research methods to reveal contemporary prejudices about relationship partners In doing so she thoroughly refutes the popular ideology of a post racial America Slatton examines the deep frame of white men found in opinions and emotional reactions to black women and their body types personalities behaviours and styles of speech Their internet responses to questionnaires shows how they treat as common sense radicalised gendered and classed versions of black women Mythologizing Black Women argues that the internet acts as a backstage setting allowing white men to anonymously express raw feelings about race and sexuality without the fear of reprimand *Black Women's Mental Health* Stephanie Y. Evans, Kanika Bell, Nsenga K. Burton, 2017-06-01 Creates a new framework for approaching Black women s wellness by merging theory and practice with both personal narratives and public policy This book offers a unique interdisciplinary and thoughtful look at the challenges and potency of Black women s struggle for inner peace and mental stability It brings

together contributors from psychology sociology law and medicine as well as the humanities to discuss issues ranging from stress sexual assault healing self care and contemplative practice to health policy considerations and parenting Merging theory and practice with personal narratives and public policy the book develops a new framework for approaching Black women s wellness in order to provide tangible solutions The collection reflects feminist praxis and defines womanist peace in terms that reject both superwoman stereotypes and victim caricatures Also included for health professionals are concrete recommendations for understanding and treating Black women this book speaks not only to Black women but also educates a broader audience of policymakers and therapists about the complex and multilayered realities that we must navigate and the protests we must mount on our journey to find inner peace and optimal health from the Foreword by Linda Goler Blount

Black Women's College Outcomes MaryBeth Walpole, Stephanie M. Lezotte, Crystal Renee Chambers, Madeline P. Boehning, 2025-06-30 This book fills important gaps in understanding the experiences and outcomes of college and the professional lives of successful Black women and the role of institutional context Drawing on a longitudinal study of 10 Black women who entered an elite university in 1995 and graduated in 1999 it draws upon interviews from both their senior year in college and 20 years following to explore the role of institutional context on college outcomes Supported by data from campus administrators and publicly available data it foregrounds new and important implications for understanding Black women s college experiences and outcomes the role of institutional context Black social mobility and Black middle class experiences The book delves into the personal and professional trajectories of these women highlighting how their experiences at the university shaped their career paths and social mobility It examines the support systems challenges and opportunities they encountered providing a nuanced understanding of how institutional contexts can influence educational and professional outcomes By integrating perspectives from campus administrators and leveraging publicly available data the book offers a comprehensive view of the factors that contribute to the success of Black women in higher education and beyond As such it will be of interest to higher education sociology Africana studies and women and gender studies scholars The insights presented in this book are crucial for educators policymakers and researchers who aim to foster inclusive and supportive environments for Black women in academic and professional settings

Black Female Vampires in African American Women's Novels, 1977-2011 Kendra R. Parker, 2018-11-09 This book critically situates the figure of the black female vampire in several fields of study including literary studies cultural studies gender studies and critical race studies Black female vampires continue to appear as important literary devices and revealing indicators of cultural attitudes and trends about African American women s bodies This book examines five novels written by four African American women writers to investigate what it means to represent African American womanhood through the lens of vampirism interrogate how these representations connect to or stem from historical representations of African American women and explore how representations of black female vampires in African American women s literature simultaneously negate reinforce or

dismantle stereotypes of African American women *The SAGE Encyclopedia of African Cultural Heritage in North America*

Mwalimu J. Shujaa, Kenya J. Shujaa, 2015-07-13 The Encyclopedia of African Cultural Heritage in North America provides an accessible ready reference on the retention and continuity of African culture within the United States Our conceptual framework holds first that culture is a form of self knowledge and knowledge about self in the world as transmitted from one person to another Second that African people continuously create their own cultural history as they move through time and space Third that African descended people living outside of Africa are also contributors to and participants in the creation of African cultural history Entries focus on illuminating Africanisms cultural retentions traceable to an African origin and cultural continuities ongoing practices and processes through which African culture continues to be created and formed Thus the focus is more culturally specific and less concerned with the broader transatlantic demographic political and geographic issues that are the focus of similar recent reference works We also focus less on biographies of individuals and political and economic ties and more on processes and manifestations of African cultural heritage and continuity FEATURES A two volume A to Z work available in a choice of print or electronic formats 350 signed entries each concluding with Cross references and Further Readings 150 figures and photos Front matter consisting of an Introduction and a Reader s Guide organizing entries thematically to more easily guide users to related entries Signed articles concluding with cross references **No Ways Tired: The Journey for Professionals of Color in Student Affairs** Monica Galloway Burke, U. Monique Robinson, 2019-08-01 Even though diversity is currently conveyed as a ubiquitous principle within institutions of higher education professionals of color still face issues such as discrimination the glass ceiling lack of mentoring and limited access to career networks Unfortunately an open channel does not exist for professionals of color to express their frustrations and genuine concerns The narratives in No Ways Tired present a powerful voice about the experiences of student affairs professionals of color in higher education including intersecting identities such as race class and gender Furthermore the narratives are nuggets of personal truth that can serve as a lens for professionals of color who wish to develop strategies to succeed as they traverse their careers in higher education Through the sharing of their visions of success lessons learned and cautionary tales the authors openly offer insights about how they have created a way to survive and thrive within higher education in spite of challenges and distractions They also articulate a vision where student affairs professionals of color can develop fully be authentic use their agency and effectively contribute This book includes recommendations for professionals of color at all levels within higher education and ways to construct opportunities to flourish The ultimate goal for this book is to promote discussions regarding how professionals of color can be more proactive in developing strategies that are conducive to their professional and personal success as they navigate their higher education careers *Embracing Sisterhood* Katrina Bell McDonald, 2007 Embracing Sisterhood describes the contemporary state of the black woman collective and explores the legacy of black sisterhood in these times Through an examination of how these ideas are

articulated and experienced in the population McDonald determines the relative degree of black sisterhood and black step sisterhood that exists among African American women today *Beyond Slavery* Jacqueline L. Hazelton, 2010-10-25 This book looks at a United States that continues to be driven by racial and cultural divisions from the disproportionately high number of incarcerated African Americans to heartfelt disagreements over the true nature of marriage and the proper role of faith in public policy

Sharing the Legacy and Narrative Leadership Experiences of Black Women in Education Storman, Ashley N., Reddick, Destiny, 2024-08-28 The intersection of black feminism and gendered racism has formed a complex narrative that impacts black women's leadership specifically in predominantly white workspaces As society wrestles with persistent gender and racial disparities the stories of black women stand out as both bold and brilliant but stifle their professional opportunities and experiences in academia and education Despite standing as the most educated demographic nationally and displaying unmatched levels of labor market participation black women are alarmingly scarce in leadership roles across sectors also facing significant challenges as educational leaders Their ascent to higher positions is often impacted by barriers stemming from damaging stereotypes such as the angry black woman or the dangerous transition from being perceived as a work pet to a work threat Against this backdrop *Sharing the Legacy and Narrative Leadership Experiences of Black Women in Education* explores black women's challenges unraveling the narratives that need attention understanding and urgent action *Sharing the Legacy and Narrative Leadership Experiences of Black Women in Education* invites readers to step into the shoes of black women as leaders in academia and education providing an authentic and raw glimpse into their experiences The book challenges societal workplace expectations and attempts to reshape conversations around how intersectionality cross connects with diversity equity and inclusion By intertwining powerful storytelling with compelling research it seeks to dismantle the barriers that have hindered the progress of black women with a focus on offering relevant theoretical frameworks and the latest academic research The book empowers leaders educators and organizations to become allies in the fight for a more equitable workplace for black women in leadership It envisions a future where black women can feel empowered to be authentic while thriving and leading with unapologetic determination

Psychology of Black Womanhood Danielle Dickens, Dionne Stephens, 2024-06-05 *Psychology of Black Womanhood* is the first textbook to provide an authoritative jargon free affordable and holistic exploration of the sociohistorical and psychological experiences of Black girls and women in the United States while discussing the intersection of their identities The authors include research on young middle aged and maturing women LGBTQ women and non binary individuals women with disabilities and women across social classes This textbook is firmly rooted in Black feminist womanist and psychological frameworks that incorporate literature from related disciplines such as sociology Black African American studies women's studies and public health *Psychology of Black Womanhood* speaks to the psychological study of experiences of girls and women of African descent in the United States and their experiences in the context of identity development education

religion body image physical and mental health racialized gendered violence sex and sexuality work relationships aging motherhood and activism This textbook has implications for practice in counseling social work health care education advocacy and policy **Black Women with Eating Disorders** Charlynn Small,Paula Edwards-Gayfield,2025-07-15 A guide for eating disorder clinicians to support Black clients with the quality trauma informed care they deserve Too often Black women with eating disorders go underdiagnosed overlooked and unheard Not only do they face barriers to treatment due to unjust healthcare systems but the unique factors that contribute to the development of eating disorders in Black women including racism and systemic oppression are not broadly considered by eating disorder clinicians This book adds much needed dialogue to our understanding of eating disorders by exploring the terminology symptomology and interventions specific to Black women all of which can be integrated by clinicians across disciplines It addresses how relevant topics in the eating disorder field such as social media use body image weight stigma historical trauma and aging manifest in the Black community Within the therapeutic relationship the authors acknowledge how treatment techniques can be adapted and power dynamics addressed allowing clients to feel seen and heard Ultimately clients can reimagine their relationships to food and body facilitating their recovery *The SAGE Handbook of Gender and Communication* Bonnie J. Dow,Julia T. Wood,2006-07-19 Publisher Description **Telling Our Lives** Frida Kerner Furman,Linda Williamson Nelson,Elizabeth A. Kelly,2005-06-09 Telling Our Lives explores how three working class women from Jewish African American and Irish American backgrounds connect across their differences through storytelling and conversation Three distinct voices intertwine in this book as the authors now college professors discuss family legacies of diaspora and dislocation analyzing how these have shaped their personal and professional lives Social class ethnicity gender sexuality and spirituality intersect and diverge in these pages as the authors reflect on how they have been enriched and transformed by the relationships forged in the process of storytelling **Black Womanist Leadership** Toni C. King,S. Alease Ferguson,2011-06-01 Featuring the stories of fourteen Black women scholars **Black Womanist Leadership** Tracing the Motherline offers a culturally based model of Black women s leadership practices and examines the mother daughter transmission of these skills The personal narratives fit into a storytelling tradition that reveals the ways Black mothers and women of the community the Motherline teach girls the ways women lead The essays present a range of different practical and theoretical issues of leadership and development including mother nurture emulation of and divergence from core values internalized oppression self determination representation of the physical self guardianship governance of the body cooperative economics activism contentiousness with or differentiation from the mother and negotiation of leadership across public and private spheres Together they make a compelling argument for the necessity of continuing to teach the cultural and gender specific resistance to oppression that has been passed along the Motherline and to adapt this Motherline tradition to the lives and needs of women and girls in the 21st century **Researching the European Court of Justice** Mikael Rask

Madsen, Fernanda Nicola, Antoine Vauchez, 2022-05-26 The book takes stock of the on going methodological turn in the field of EU law scholarship Introducing a new generation of scholars of the European Court of Justice from law history sociology political science and linguistics it provides a set of novel interdisciplinary research strategies and empirical materials for the study of the Court of Justice of the European Union The twelve case studies included challenge the usual top down approach to EU law and the CJEU and instead suggest a more localized and fine grained observation of the socio legal actors and practices involved in the making of CJEU case law Moving beyond mainstream legal scholarship and the established grand narratives of legal integration the volume provides a more historically informed and sociologically grounded account of the EU law s uneven embeddedness in Europe s economies and societies *Race, Culture, and Gender* Ava Kanyeredzi, 2018-03-31 This book presents an in depth account of nine Black British women s experiences of violence and abuse Through in depth interviews and analysis the author reveals their feelings of being silenced as children women Black women and as victims survivors Being silenced or staying silent about experiences of violence and abuse are key influences in how and when women access help and support and Kanyeredzi illuminates missed opportunities in how and when this help and support can and should be given Based on women s descriptions of how they felt supported listened to yet unheard chapters explore what professionals might face in the process of supporting Black women who access these services The book contributes valuable understanding to the growing literature discussing challenges faced by minoritised women attempting to live full lives in the UK It also includes images created as part of the project This book is a useful resource for victims survivors students researchers clinical psychologists counsellors health professionals social workers educators and specialised violence support organisations **Transforming Nursing Education** Margaret Dexheimer Pharris, Susan Dandridge Boshier, 2008-09-22 Through case studies practical examples and in depth analysis of successful programs this book provides a roadmap for creating a more welcoming environment for minority students and faculty revamping traditional teaching methods to accomodate diverse learning styles developing and teaching a culturally competetent nursing curriculum and removing cultural and linguistic barriers to success this landmark book is an invaluable resource and absolutely essential reading Minority Nurse Magazine Readers will learn more about how to create a dynamic inclusive and challenging learning environment that remains true to the purpose of graduating highly qualified nurses to meet the need of a diverse multiracial multicultural multilingual society Gloria Smith RN MPH PhD FAAN FRCN Boshier and Pharris s provocative and timely volume addresses the critical need for nursing educational systems to graduate more culturally diverse nurses This vital resource will help nursing educators critique and redesign their curricular pedagogical and structural systems to address this need for cultural inclusion within nursing education Highlights of this book Addresses barriers to success for nursing students from culturally diverse backgrounds in the U S U K Canada Australia and New Zealand Features pedagogical strategies to help linguistically diverse students succeed in clinical settings Provides

assessment practices that eliminate cultural and linguistic biases Presents initiatives for developing the leadership skills of culturally diverse students Contains detailed case studies of multicultural nurses and students Includes recommendations and questions for dialogue at the end of each chapter With this book educators and administrators can begin to forge through the obstacles institutionalized in their nursing educational systems and ultimately see a more culturally inclusive educational environment

From Oppression to Grace Theodorea Regina Berry, Nathalie Mizelle, 2023-07-03 This book gives voice to the experiences of women of color women of African Native American Latina East Indian Korean and Japanese descent as students pursuing terminal degrees and as faculty members navigating the Academy grappling with the dilemmas encountered by others and themselves as they exist at the intersections of their work and identities Women of color are frequently relegated on account both of race and womanhood into monolithic categories that perpetuate oppression subdue and suppress conflict and silence voices This book uses critical race feminism CRF to place women of color in the center rather than the margins of the discussion theorizing research and praxis of their lives as they co exist in the dominant culture The first part of the book addresses the issues faced on the way to achieving a terminal degree the struggles encountered and the lessons learned along the way Part Two Pride and Prejudice Finding Your Place After the Degree describes the complexity of lives of women with multiple identities as scholars with family friends and lives at home and at work The book concludes with the voices of senior faculty sharing their journeys and their paths to growth as scholars and individuals This book is for all women of color growing up in the academy learning to stand on their own taking first steps mastering the language walking running falling and getting up to run again and illuminates the process of self definition that is essential to their growth as scholars and individuals

Reviewing **Shifting The Double Lives Of Black Women In America**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Shifting The Double Lives Of Black Women In America**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Shifting The Double Lives Of Black Women In America Introduction

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