



Sisters of the Yam: Black Women and Self-Recovery

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In *Sisters of the Yam*, bell hooks reflects on the ways in which the emotional health of black women has been and continues to be impacted by sexism and racism. Desiring to create a context where black females could both work on their individual efforts for self-actualization while remaining connected to a larger world of collective struggle, hooks articulates the link between self-recovery and political resistance. Both an expression of the joy of self-healing and the need to be ever vigilant in the struggle for equality, *Sisters of the Yam* continues to speak to the experience of black womanhood.

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