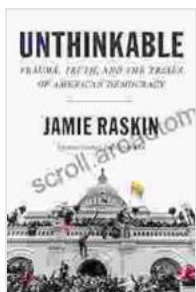


Trauma, Truth, and the Trials of American Democracy

In this groundbreaking book, acclaimed historian and author Dr. Joy DeGruy traces the long and devastating history of trauma in America, from the horrors of slavery and Jim Crow to the ongoing police brutality and mass incarceration that disproportionately affects Black and brown communities.



Unthinkable: Trauma, Truth, and the Trials of American Democracy by Jamie Raskin

★★★★☆ 4.8 out of 5

Language : English
File size : 41203 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 444 pages



Drawing on extensive research, including interviews with survivors of trauma, Dr. DeGruy argues that this history of trauma has had a profound impact on the development of American society, shaping everything from our political system to our healthcare system.

She shows how trauma has led to a culture of silence and shame, making it difficult for people to talk about their experiences and seek help. This

culture of silence has allowed trauma to fester and grow, poisoning our relationships, our communities, and our nation as a whole.

But Dr. DeGruy also offers a path to healing. She argues that we must confront the truth of our history, acknowledge the pain that has been inflicted on so many, and work together to create a more just and equitable future.

This book is a must-read for anyone who wants to understand the roots of our current political and social crisis. It is a powerful and urgent call for truth and reconciliation, a roadmap for healing our wounds and building a better future for all Americans.

Praise for *Trauma, Truth, and the Trials of American Democracy*

"Dr. DeGruy has written a groundbreaking book that will change the way we think about trauma and its impact on our society. This is a must-read for anyone who wants to understand the roots of our current political and social crisis." - Ibram X. Kendi, author of *How to Be an Antiracist*

"A powerful and urgent call for truth and reconciliation, *Trauma, Truth, and the Trials of American Democracy* is a roadmap for healing our wounds and building a better future for all Americans." - Michelle Alexander, author of *The New Jim Crow*

"This book is a tour de force. Dr. DeGruy has written a comprehensive and deeply moving account of the history of trauma in America. This is a must-read for anyone who wants to understand the roots of our current crisis and work towards a more just and equitable future." - Bryan Stevenson, author of *Just Mercy*

About the Author

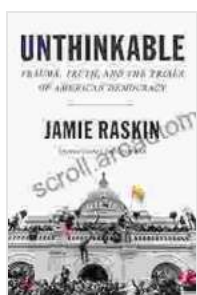
Dr. Joy DeGruy is an acclaimed historian and author. She is the author of several books on the history of race and trauma in America, including *Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing* and *When They Call You a Terrorist: A Black Muslim Woman's Journey through the American Justice System*.

Dr. DeGruy is a sought-after speaker and has appeared on numerous television and radio programs, including *The Oprah Winfrey Show*, *60 Minutes*, and *PBS NewsHour*.

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Trauma, Truth, and the Trials of American Democracy is available now at all major bookstores and online retailers.

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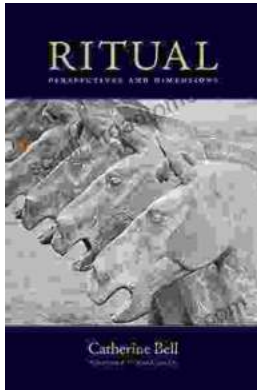
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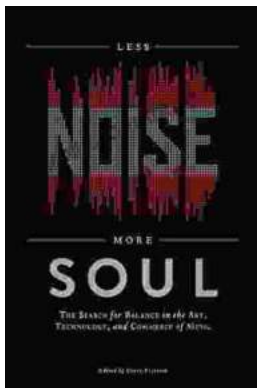
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