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*Sisters of the Yam: Black Women and Self-Recovery - 2nd ...*  
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In Sisters of the Yam, hooks examines how the emotional health of black women is wounded by daily assaults of racism and sexism.

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Exploring such central life issues as work, beauty, trauma, addiction, eroticism and estrangement from nature, hooks shares numerous strategies for self-recovery and healing.

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envisioned for a school project in 2014 while Taylor was student at Princeton Theological Seminary. Inspired by prolific feminist writer, educator, and activist bell hooks' book Sisters of the Yam: Black Women and Self-Recovery. Now, it exists as a business whose mission is to help Black mothers who are exhausted and depleted nourish themselves and their families through real plant-based foods and herbal remedies.

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Sisters of the Yam: Black Women and Self-Recovery: hooks ...  
Sisters of the Yam makes more sense, covers more ground and offers more meaningful healing strategies than most of the self-help literature combined. Grounded in an astute analysis of how a racist and sexist culture wounds us, bell hooks calls for us to heal ourselves by struggling against both institutionalized and internalized patriarchy.

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*Sisters of the Yam: Black Women and Self-recovery* - Bell ... sexism in recent years have been profound. In *Sisters of the Yam*, she undertakes to write within a popular form by explicitly shaping her work as a self-recovery guide. Because what she seeks is psychological support for African-American women harmed by "white-supremacist capitalist patriarchy," the book is inherently a critique of American culture.

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