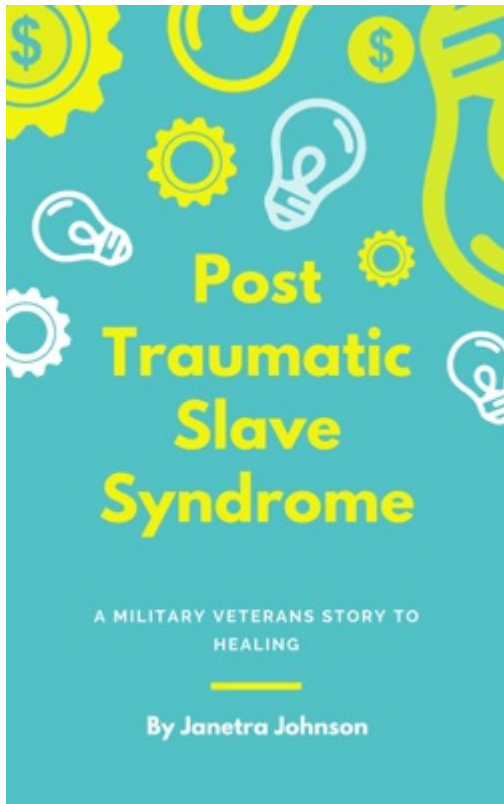


Download Post Traumatic Slave Syndrome free Janetra Johnson (PDF, ePub, Mobi)



Inside the book, the author, Janetra Johnson walks her readers through the process of how she dealt with those financial thoughts of slavery and the Jim Crow era. The book was written from the perspective of a veteran of African descent, who had experienced Post Traumatic Slave Syndrome (P.T.S.S.) while serving in the California Air National Guard and has managed to experience a considerable reduction of these symptoms over the years. The book tells the story of how she found out about P.T.S.S. and what other military veterans should look forward to when visiting a military therapist to discuss racial thoughts of slavery and the Jim Crow era.

WHAT IS POST TRAUMATIC SLAVE SYNDROME?

According to Wikipedia, Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing (PTSS) is a 2005 book resulting from years of historical and psychological research by Dr. Joy DeGruy (née Leary), Ph.D. PTSS describes a set of behaviors, beliefs, and actions associated with or, related to multi-generational trauma experienced by African

Americans that include but are not limited to undiagnosed and untreated Post Traumatic Stress Disorder (PTSD) in enslaved Africans and their descendants. PTSS posits that centuries of slavery in the United States, followed by systemic and structural racism and oppression, including lynching, Jim Crow laws, and unwarranted mass incarceration, have resulted in multigenerational maladaptive behaviors, which originated as survival strategies."

ABOUT THE AUTHOR:

Author, Janetra Johnson uses her experiences from her personal and professional life to create a series of military books based on her real-life court case: Janetra Johnson v. Departments of the Army and Air Force et al. The books are written in the first person to give the reader a firsthand account of what the veteran saw during the California National Guards largest financial disaster. Johnson is a military veteran who served on active duty in the California National Guard and earned her Master's degree in Business Administration. She lives in Fresno, California with her three children.

título : Post Traumatic Slave Syndrome
Autor : Janetra Johnson
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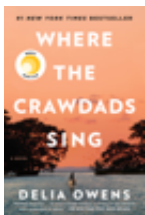
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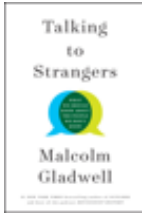
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