



What Mama Couldn't Tell Us About Love: Healing the Emotional Legacy of Racism by Celebrating Our Light

By Brenda Richardson, Dr. Brenda Wade

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In this provocative rethinking of the African American woman's experience, Brenda Lane Richardson and Dr. Brenda Wade ask their black American sisters to consider this question: "What lessons about love and intimacy were passed down from your foremothers to you?" By exploring the emotional legacy shared by all African American women whose ancestors were enslaved, the authors examine the impact of this history on romantic relationships between today's black women and men—and reveal how the power of inherited beliefs can both heal and strengthen these bonds.

This remarkably uplifting book will show you how to move toward the emotional freedom you seek. It offers spiritual wisdom from well-known African Americans, ways of enhancing the coping skills and strengths your forebears harnessed to help them survive, and the certainty that emotional emancipation is your birthright. Mama may not have told you all this in so many words—but there is no doubt that she would want you to use the positive messages inherent in the African American experience to create a better life.

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Elida Allman:

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