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## **Woke and Mentally Healthy by Dr. Constance Fullilove**

“I noticed the Ghanaians were a proud people with raised heads and erect postures. I didn’t see that with the black people in America. There is a part of us that appears to shrink with the pervasive racism in this country. I knew I needed to do something to bring awareness and show us it was not always that way, nor how it will always be. We just need to make the connection about our history, our being enslaved in a system that treated us less than human, and its impact on our mental health.”

-Dr. Constance Fullilove

Woke and Mentally Healthy is an introduction to mental well-being in the Black community, a concept that hasn’t been thoroughly explored. Dr. Constance Fullilove defines what it means to be mentally healthy, not just the mind but the body and spirit, as well. This book addresses the following things and more that need to be done regularly to preserve good mental health:

- Recognizing when it is time to get help
- Learning how to pick the right therapist for you
- Understanding and recognizing symptoms of mental illness
- Embracing true Love, Self-Love, Love of Others, the ability to work, etc.