



Sisters of the Yam: Black Women and Self-Recovery

By bell hooks



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In *Sisters of the Yam*, bell hooks reflects on the ways in which the emotional health of black women has been and continues to be impacted by sexism and racism. Desiring to create a context where black females could both work on their individual efforts for self-actualization while remaining connected to a larger world of collective struggle, hooks articulates the link between self-recovery and political resistance. Both an expression of the joy of self-healing and the need to be ever vigilant in the struggle for equality, *Sisters of the Yam* continues to speak to the experience of black womanhood.



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Sisters of the Yam: Black Women and Self-Recovery By bell hooks Bibliography

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Editorial Review

From Library Journal

The noted author of *Ain't I a Woman: Black Women and Feminism* (LJ 12/1/81) and *Black Looks: Race and Representation* (LJ 7/92) takes a down-to-earth approach to the process of self-actualization. An avid fan of self-help literature and a professor of African American studies, hooks summons the perspectives of both these disciplines to address the concerns of victims of institutionalized racism, sexism, and capitalist oppression. The title captures the yam's status as "a life-sustaining symbol of black kinship and community" as well as being the name of the author's campus support group. Through personal testimony, hooks describes how women can heal lives strained by kin, work, loss, yearning, mendacity, addiction, and ego. She considers the political realities black women must face as she implores them to heal themselves. Readers trying to unlearn racism and sexism will respect hooks for politicizing the self-recovery movement. Highly recommended.

- Kathleen E. Bethel, *Northwestern Univ. Lib., Evanston, Ill.*

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Review

"*Sisters of the Yam*, with its mixture of personal narrative, cultural critique, brief literary analyses, and plain, old-fashioned, kitchen table common-sense advice, might very well reach beyond the university to the diverse groups of people that have been hooks's 'intended' audience throughout much of her speaking and writing." ?Sandra Adell, *African American Review* (1995)

"In *Sisters of the Yam*, hooks articulates black women's healing as an expression of 'liberatory political practice.' This statement transformed my consciousness as a health activist. By simply caring for myself, I can be a revolutionary. . ." ?Sariane Leigh, *The Feminist Wire* (2012)

About the Author

A cultural critic, an intellectual, and a feminist writer, **bell hooks** is best known for classic books including *Ain't I a Woman*, *Bone Black*, *All About Love*, *Rock My Soul*, *Belonging*, *We Real Cool*, *Where We Stand*, *Teaching to Transgress*, *Teaching Community*, *Outlaw Culture*, and *Reel to Real*. hooks is Distinguished Professor in Residence in Appalachian Studies at Berea College, and resides in her home state of Kentucky.

Users Review

From reader reviews:

Willette Bickel:

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Wilma Tovar:

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