



250 Years and Still a Slave

By Ph D Janice Marie Collins

Visionary Insight Press, United States, 2015. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. It takes a rainbow of individuals to make the world a better place.but your healing must begin with you. I encourage you to engage in Active Centralized Empowerment.and view yourself, your struggles and your opportunities in a different light. This book was written not to tear down African Americans, but to lift them up, to a higher level of understanding, existence and performance. Because of the many decades of being victims of constant racism and discriminatory acts, African Americans have developed what I call Internalized Colonization and Racial Fatigue. The symptoms and fallout from such a long period of being enslaved and being treated less than has been catastrophic for African Americans engagement as a viable and productive group. As a result, in some instances, they have performed along the lines of a negatively, imposed Self-fulfilling prophecy. As a result, some African Americans (AA) have begun to engage in destructive and counterproductive activities that cripple their chances of performing and existing as free Americans. Active Centralized Empowerment (A.C.E.) is a groundbreaking, game-changing paradigm and module...



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