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preeminent Psychologists and a pioneer in the development of an African-centered approach in modern psychology. ” .

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The book *Breaking the Chains of Psychological Slavery* is written by Dr. Naim Akbar. Dr. Akbar is famous as an author, professor and also a psychologist at the Florida State University. Dr. Akbar was born with the name Luther Weems Jr. but he altered this when he adhered to Islam as a religion. He was a graduate of the University of Michigan ...

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It is the revised version of his essays first published in 1976 as *Chains and Images of Psychological Slavery*. These are much insightful essays which draw reader ' s attention towards the impact of slavery on the minds and souls of the African Americans. Chhatwal2 The Black Americans trace their ancestry to the members of Negroid race in Africa.

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In this long-awaited, important and highly readable book, Dr. Na'im Akbar addresses these questions: " Are African-Americans still slaves ?" "Why can't Black folks get together ?" "What is the psychological consequences for Blacks and Whites of picturing God as a Caucasian ?" Learn how to break the chains of your mental slavery with this new book by one of the world's outstanding experts on the African American mind .

In a world where the pandemic of gender-based violence has become the order of the day, someone who cares about the authentic freedom of the human mind has had to dig deep into the treasure that will liberate humanity. The treasure was found in the confines of the below quote by the world's 1st Human 1st author Brightwell Dube: "The genuine and persistent affirmation we are infinitely loved beings at an early stage produces courage that consequently equips the human psyche to be empowered, secure and bold enough to walk away from any abusive situations". This self-help guide is an affirmation that genuine love from the early stages of the child is the missing antidote that deserves its fair share of exploration as a healing mechanism to eliminate gender-based violence. Delve into the nitty-gritty of how human behavior and elements such as identity, habits, growing up, self-worth, self-image, and search for meaning can either build-up or break the psychological chains of human abuse. Through real-life experiences and struggle with human abuse, the author aims to build an immensely mind-behaviorally-transformed generation of people. A generation that will use the weapon of genuine love to wipe out the scourge of human abuse. In brief, This is the gender-based violence vaccine that the world has been waiting for...

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It is well known that American culture is a dominant force at home and abroad; our exportation of everything from movies to junk food is a well-documented phenomenon. But is it possible America's most troubling impact on the globalizing world has yet to be accounted for? In *Crazy Like Us*, Ethan Watters reveals that the most devastating consequence of the spread of American culture has not been our golden arches or our bomb craters but our bulldozing of the human psyche itself: We are in the process of homogenizing the way the world goes mad. America has been the world leader in generating new mental health treatments and modern theories of the human psyche. We export our psychopharmaceuticals packaged with the certainty that our biomedical knowledge will relieve the suffering and stigma of mental illness. We categorize disorders, thereby defining mental illness and health, and then parade these seemingly scientific certainties in front of the world. The blowback from these efforts is just now coming to light: It turns out that we have not only been changing the way the world talks about and treats mental illness -- we have been changing the mental illnesses themselves. For millennia, local beliefs in different cultures have shaped the experience of mental illness into endless varieties. *Crazy Like Us* documents how American interventions have discounted and worked to change those indigenous beliefs, often at a dizzying rate. Over the last decades, mental illnesses popularized in America have been spreading across the globe with the speed of contagious diseases. Watters travels from China to Tanzania to bring home the unsettling conclusion that the virus is us: As we introduce Americanized ways of treating mental illnesses, we are in fact spreading the diseases. In post-tsunami Sri Lanka, Watters reports on the Western trauma counselors who, in their rush to help, inadvertently trampled local

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expressions of grief, suffering, and healing. In Hong Kong, he retraces the last steps of the teenager whose death sparked an epidemic of the American version of anorexia nervosa. Watters reveals the truth about a multi-million-dollar campaign by one of the world's biggest drug companies to change the Japanese experience of depression -- literally marketing the disease along with the drug. But this book is not just about the damage we've caused in faraway places. Looking at our impact on the psyches of people in other cultures is a gut check, a way of forcing ourselves to take a fresh look at our own beliefs about mental health and healing. When we examine our assumptions from a farther shore, we begin to understand how our own culture constantly shapes and sometimes creates the mental illnesses of our time. By setting aside our role as the world's therapist, we may come to accept that we have as much to learn from other cultures' beliefs about the mind as we have to teach.

In this groundbreaking union of art and science, rocker-turned-neuroscientist Daniel J. Levitin explores the connection between music—its performance, its composition, how we listen to it, why we enjoy it—and the human brain. Taking on prominent thinkers who argue that music is nothing more than an evolutionary accident, Levitin poses that music is fundamental to our species, perhaps even more so than language. Drawing on the latest research and on musical examples ranging from Mozart to Duke Ellington to Van Halen, he reveals:

- How composers produce some of the most pleasurable effects of listening to music by exploiting the way our brains make sense of the world
- Why we are so emotionally attached to the music we listened to as teenagers, whether it was Fleetwood Mac, U2, or Dr. Dre
- That practice, rather than talent, is the

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driving force behind musical expertise • How those insidious little jingles (called earworms) get stuck in our head A Los Angeles Times Book Award finalist, *This Is Your Brain on Music* will attract readers of Oliver Sacks and David Byrne, as it is an unprecedented, eye-opening investigation into an obsession at the heart of human nature.

An important analysis of the conflicts many African Americans endure as they struggle to balance two competing world views-African and European American.

‘ Whoa!!! I stayed up till 6am reading this book! I needed to know the ending! This book was TWISTED. In the best and worst way... Jaw-dropping. ’ Goodreads Reviewer, 5 stars
You ’ d be lost without her... She ’ s the shoulder you cry on when the father of your children disappears. She ’ s the person you turn to when he comes back, begging for forgiveness. She ’ s by your side when you discover his guilty secrets. She helps rock your babies to sleep when they cry. She ’ s your friend when you have no one else. She ’ s the woman upstairs, whose feet you hear treading above as you drift off at night, thankful you aren ’ t alone. But what if you ’ re about to lose everything because of her? One of the most twisted, shocking, heart-stopping psychological thrillers you ’ ll ever read! Fans of K.L. Slater, *The Wife Between Us* and *The Girl on the Train*, prepare to be kept up way past your bedtime as you race through this addictive page-turner. Readers absolutely love *The Woman Upstairs*:
‘ I absolutely loved it!... I was like superglue stuck to the pages racing through it as I could not get enough... A twist to end all twists that took my breath away... The tension built throughout, gave me many heart-pounding moments and I was on the edge of my seat. ’ *Once Upon A Time Book*, 5 stars
‘ Oh... my... goodness. What a rollercoaster of

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a read, just brilliant, full of twists and turns and I was gripped from the first page... Brilliant, addictive... A nail-biting and edge-of-your-seat ending. ' NetGalley Reviewer, 5 stars ' WOW!... This book has more twists than a corkscrew. You no sooner get through with one twist and BAM the next one comes. ' Goodreads Reviewer, 5 stars ' WOW! Still reeling from the moment I read the final chapter... A book I devoured easily in just over 24 hours. ' Goodreads Reviewer, 5 stars ' Wow and wow again! A stonkingly good read... I raced through this, it ' s that good!! ' NetGalley Reviewer, 5 stars ' Wow!... This one was perfect! So twisty and gripping! ' Goodreads Reviewer, 5 stars ' I could not put this book down! I wanted to keep reading it!... I thoroughly enjoyed this book and have been telling people they MUST read it. ' Goodreads Reviewer, 5 stars ' WOW!!... Fabulous. ' NetGalley Reviewer, 5 stars ' Sooooo good! I couldn ' t put this book down and flipped pages late into the night until I finished... Must read! ' Goodreads Reviewer ' Brilliant... Another thoroughly engrossing read from an author who is quickly becoming one of my favourites. I cannot think of a single thing that I did not love about this book... This is a compulsive and addictive read from the word go, and I simply devoured it. ' Goodreads Reviewer, 5 stars ' What an amazing book! ' Goodreads Reviewer, 5 stars ' Absolutely brilliant... Very addictive... I so recommended this book! ' Goodreads Reviewer, 5 stars ' A fantastic thriller that I could not put down. ' Goodreads Reviewer, 5 stars ' Will leave you spellbound!!! ' Goodreads Reviewer, 5 stars ' I read this book in one day since I just couldn ' t put it down! I have read a lot of mysteries but this one kept you guessing through the whole book and what I thought were the answers turned out to be wrong! You will definitely want to pick this one up!! ' Goodreads Reviewer, 5 stars ' A perfect

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example of the perfect domestic thriller. ' Goodreads Reviewer, 5 stars ' This is one of those books you can't wait to pick up again because you must find out what's going to happen next, I was totally engrossed. ' NetGalley Reviewer ' Picture perfect... My Kindle might have a dent from my "page turning" so fast. Brilliant. ' Goodreads Reviewer, 5 stars

From bestselling author Gabor Maté, the essential resource for understanding the roots and behaviors of addiction--now with an added introduction by the author. Based on Gabor Maté ' s two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver ' s skid row, *In the Realm of Hungry Ghosts* radically reenvision this much misunderstood field by taking a holistic approach. Dr. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical "condition" distinct from the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. *In the Realm of Hungry Ghosts* argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of personal stories—including the author ' s candid discussion of his own "high-status" addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and

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professionals.

A leading African-American historian of race in America exposes the uncomfortable truths about race, slavery and the American academy, revealing that our leading universities, dependent on human bondage, became breeding grounds for the racist ideas that sustained it.

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