



The Sisters Are Alright: Changing the Broken Narrative of Black Women in America

By Tamara Winfrey Harris

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What's wrong with black women? Not a damned thing!

The Sisters Are Alright exposes anti-black-woman propaganda and shows how real black women are pushing back against distorted cartoon versions of themselves.

When African women arrived on American shores, the three-headed hydra—servile Mammy, angry Sapphire, and lascivious Jezebel—followed close behind. In the '60s, the Matriarch, the willfully unmarried baby machine leeching off the state, joined them. These stereotypes persist to this day through newspaper headlines, Sunday sermons, social media memes, cable punditry, government policies, and hit song lyrics. Emancipation may have happened more than 150 years ago, but America still won't let a sister be free from this coven of caricatures.

Tamara Winfrey Harris delves into marriage, motherhood, health, sexuality, beauty, and more, taking sharp aim at pervasive stereotypes about black women. She counters warped prejudices with the straight-up truth about being a black woman in America. “We have facets like diamonds,” she writes. “The trouble is the people who refuse to see us sparkling.”

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Editorial Review

Review

"*The Sisters Are Alright* is a love letter to black women. Winfrey Harris's unapologetic celebration of our intelligence, mettle, and beauty counters the proliferation of negative stereotypes we endure daily. She sees us, she knows us, and she also understands that we're not monolithic. Winfrey Harris surfaces stories about black women's realities that are often glossed over or tossed aside, urgently insisting with beautiful prose that contrary to our cultural narrative, black women's lives matter."

--**Jamia Wilson, Executive Director, Women, Action, and the Media**

"Tamara Winfrey Harris picks up where Ntozake Shange left off, adding an eighth color to the rainbow of *For Colored Girls*. This academic work reads like a choreopoem that challenges the notion that black women are too tough to love or be loved. The author does more than deconstruct the stereotype of Sapphire; she asserts that black women are diamonds, and she insists that her reader consider their sparkle."

--**Duchess Harris, PhD, Professor of American Studies, Macalester College, and author of *Black Feminist Politics from Kennedy to Obama***

"Tamara Winfrey Harris's book *The Sisters Are Alright* is a fitting answer to the question W. E. B. Du Bois said all black Americans are forced to consider: 'How does it feel to be a problem?' In a society that treats black people as problems and women as problems, it is nothing short of revolutionary to answer, as this book does, 'No, really, the sisters are alright.'"

--**Jarvis DeBerry, journalist, *The Times-Picayune*, NOLA.com**

"*The Sisters Are Alright* is written with the same honest, compassionate tone Tamara Winfrey Harris is known for. This book feels like a hug for the overlooked brown girl. It's a combination of experience, honest reflection, history and popular culture, and a good read no matter your race or experience. She brings it home with a strong call to action, reminding us that while resilience is necessary, so is basic human respect--and we would do well to follow her lead."

--**Samhita Mukhopadhyay, author of *Outdated: Why Dating Is Ruining Your Love Life***

"This energetic, passionate, and progressive mission statement illuminates old stereotypes that continue to dog black women today. Winfrey-Harris amplifies the voices of African-American women speaking for themselves, and the results are powerful, relevant, and affirming."

--***Publisher's Weekly***

"Harris challenges age-old constructions of black womanhood with real-life accounts from black mothers, daughters, aunties, and girlfriends who reject the popular narrative of brokenness."

--**Jason Parham, *Gawker***

"Using a combination of anecdotal evidence, historical research, and well-documented facts and studies, Harris has compiled an engaging and informative treatise on black womanhood in America."

-Lori L. Tharps, *The Washington Post*

“*The Sisters Are Alright* enters a space where we’re publicly contemplating race — and blackness in particular — quite a bit lately. That public contemplation has been fraught with a mixture of frustration, grief and anger at the way black people are treated and the way black bodies are viewed in the United States.”

-Soraya Nadia McDonald, *The Washington Post*

“*The Sisters are Alright: Changing the Broken Narrative for Black Women in America* challenges stereotypical portrayals of black women and highlights the need for nuanced, complex characters.

- Ariel Cheung, *USA Today*

With its insightful blend of personal narrative, cultural critique and reflective interview, your book follows in the critical and literary footsteps of such feminist/womanist writers as Michele Wallace, Patricia Hill Collins and bell hooks. Similar to these authors, you unpack the often damaging effect the myth of the self-sacrificing black superwoman has on black women's mental health and wellness.”

-Sikivu Hutchinson, *The Feminist Wire*

“One of the things I loved about [this] book was how it emphasized how self-love could help radically shift some of these perspectives. [This] book really tackles specific stereotypes that shape the way American culture perceives black women.”

-Arielle Bernstein, *Rumpus*

“Through explorations of marriage, motherhood, health, sexuality, beauty and more, Tamara Winfrey Harris counters warped prejudices by going far beyond the trope of Black women portrayed in American media. *The Sisters Are Alright* exposes anti-Black-woman propaganda and shows the truth of what it's like to be a Black woman in America, a counter-narrative to the distorted depictions of themselves Black women are so often subject to.”

-Amani Ariel, *Blavity*

“The book pairs Harris' impeccable writing with stories of Black women and how they have been shaped by the stereotypes that are dictating how we view those around us.”

-Emily Taylor, *NUVO*

“*The Sisters are Alright: Changing the Broken Narrative of Black Women in America*, Winfrey Harris' first book, tackles long-standing stereotypes and misconceptions steeped in racism and misogyny surrounding Black women's sexuality, beauty, health and more. Included are interviews she conducted with hundreds of Black women of different ages and backgrounds.”

-Ebony Chappel, *Indianapolis Recorder*

“[Winfrey Harris] speaks to real Black women, relaying the fact we are not as broken as society paints us to be. After all, we *are* the fastest growing group of entrepreneurs in America, we have to be doing something right.”

-Chelcee Johns, *Madame Noir*

“*The Sisters Are Alright* invites Black women, and those who love and care about Black women to reject this age-old stereotype in favor of a more expansive and progressive notion of women's sexuality.”

-Susana Morris, *About News*

“Winfrey Harris' book comes with us, both the celebrities and the sistahgurl down the street, letting us speak our own lives to power in this moment on our own terms.”

-Andrea Plaid, *Feminist Wire*

“Winfrey-Harris uses her distinctive voice to explore how Black women are thriving despite the odds stacked against us. She explores everything from marriage to sexuality in a way that will definitely cause affirmative head nods as reading.”

-Evette Dionne, *Clutch Mag*

“It's a book that reminds me that I'm not alone, and that I'm not crazy. All those moments I felt insecure or inadequate as a young adult — a young adult without many Black girlfriends until I became a young adult — weren't simply psychosomatic. By utilizing the anecdotes of other Black women, Winfrey Harris inspired me to wonder how my story might resonate with others, just as theirs resonate with me.”

-Akirah Robinson, *1839 Mag*

“Tami Winfrey Harris provides some answers from both a historical and contemporary perspective. She argues that because of a pervasive public opinion about black women, assaults against them are often not perceived as newsworthy.

Winfrey Harris's book shows us that public representations of black women can be beneficial when the women involved are in control.”

-Laina Dawes, *Hazlitt*

“This book is a gift. With just the right mix of sister wit, statistical information, and a few well-timed rhetorical side-eyes, *The Sisters Are Alright* rushes in to save black women from the stereotypes that threaten to dull our shine.”

—**Brittney Cooper, PhD, Assistant Professor of Women's and Gender Studies and Africana Studies, Rutgers University**

“Winfrey Harris [digs] into the project of remaking representations of black women as they truly are—joyfully diverse, indelibly complex, and powerful architects of their own narratives.”

—**Andi Zeisler, cofounder and Editorial/Creative Director, *Bitch Media***

“Winfrey Harris sets the record straight. This is a love letter to all the sisters—beautifully human and gorgeously flawed. Reading this book I felt seen, heard, and deeply understood. This is self-care between two covers.”

—**Tayari Jones, author of *Silver Sparrow***

About the Author

Tamara Winfrey Harris is a writer whose work has appeared in the *Chicago Sun-Times*, *In These Times*, and *Ms.* and *Bitch* magazines and online at the *American Prospect*, *Salon*, the *Guardian*, *Newsweek/Daily Beast*, *xoJane*, the *Huffington Post*, *Psychology Today*, *Clutch* magazine, and *Change.org*. She has been called to address women's issues in major media outlets, such as NPR's *Weekend Edition*.

Users Review

From reader reviews:

Maryanna Kuhns:

Do you have favorite book? Should you have, what is your favorite's book? Guide is very important thing for us to be aware of everything in the world. Each publication has different aim or maybe goal; it means that guide has different type. Some people experience enjoy to spend their time to read a book. They may be reading whatever they take because their hobby is actually reading a book. Think about the person who don't like studying a book? Sometime, individual feel need book when they found difficult problem or maybe exercise. Well, probably you will need this The Sisters Are Alright: Changing the Broken Narrative of Black Women in America.

Mary Ybarra:

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James Smith:

Spent a free time for you to be fun activity to try and do! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, planning to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could possibly be reading a book could be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to test look for book, may be the publication untitled The Sisters Are Alright: Changing the Broken Narrative of Black Women in America can be good book to read. May be it can be best activity to you.

Michelle Favors:

The reason why? Because this The Sisters Are Alright: Changing the Broken Narrative of Black Women in America is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will shock you with the secret it inside. Reading this book close to it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of gains than the other book have such as help improving your talent and your critical thinking approach. So , still want to hold up having that book? If I were you I will go to the reserve store hurriedly.

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