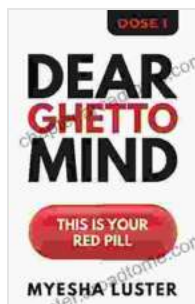


Dear Ghetto Mind, This Is Your Red Pill: Breaking Free from the Mental Plantation



Dear Ghetto Mind: This is your red pill. by Myesha Luster

★★★★★ 5 out of 5

Language : English
File size : 3417 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 39 pages



In his groundbreaking book, *Dear Ghetto Mind, This Is Your Red Pill*, Dr. Frederick C. Tillis challenges the negative stereotypes and self-limiting beliefs that have been ingrained in the minds of people of color. Drawing on his own experiences and extensive research, Tillis provides readers with a roadmap for breaking free from the mental plantation and achieving their full potential.

Tillis begins by exposing the origins of the ghetto mind, a mindset that is characterized by low self-esteem, a sense of hopelessness, and a belief that one is destined to fail. He traces the roots of this mindset back to the days of slavery and Jim Crow, when people of color were subjected to systematic oppression and violence. This oppression left a deep psychological scar on the minds of people of color, and the ghetto mind is a manifestation of that scar.

Tillis argues that the ghetto mind is not an inherent trait of people of color, but rather a learned behavior. He provides readers with a series of exercises and strategies that can be used to challenge the negative beliefs and behaviors that are associated with the ghetto mind. These exercises and strategies are designed to help readers develop a more positive self-image, build self-confidence, and take control of their lives.

Dear Ghetto Mind, This Is Your Red Pill is a powerful and eye-opening book that has the potential to change the lives of people of color. Tillis provides readers with a clear and concise roadmap for breaking free from the mental plantation and achieving their full potential. This book is a must-read for anyone who is ready to take control of their life and live up to their full potential.

About the Author

Dr. Frederick C. Tillis is a clinical psychologist and the author of several books on race and mental health. He is the founder of the Frederick C. Tillis Institute for the Study of Race and Mental Health, and he has been a featured speaker at numerous conferences and workshops on the topic of race and mental health.

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