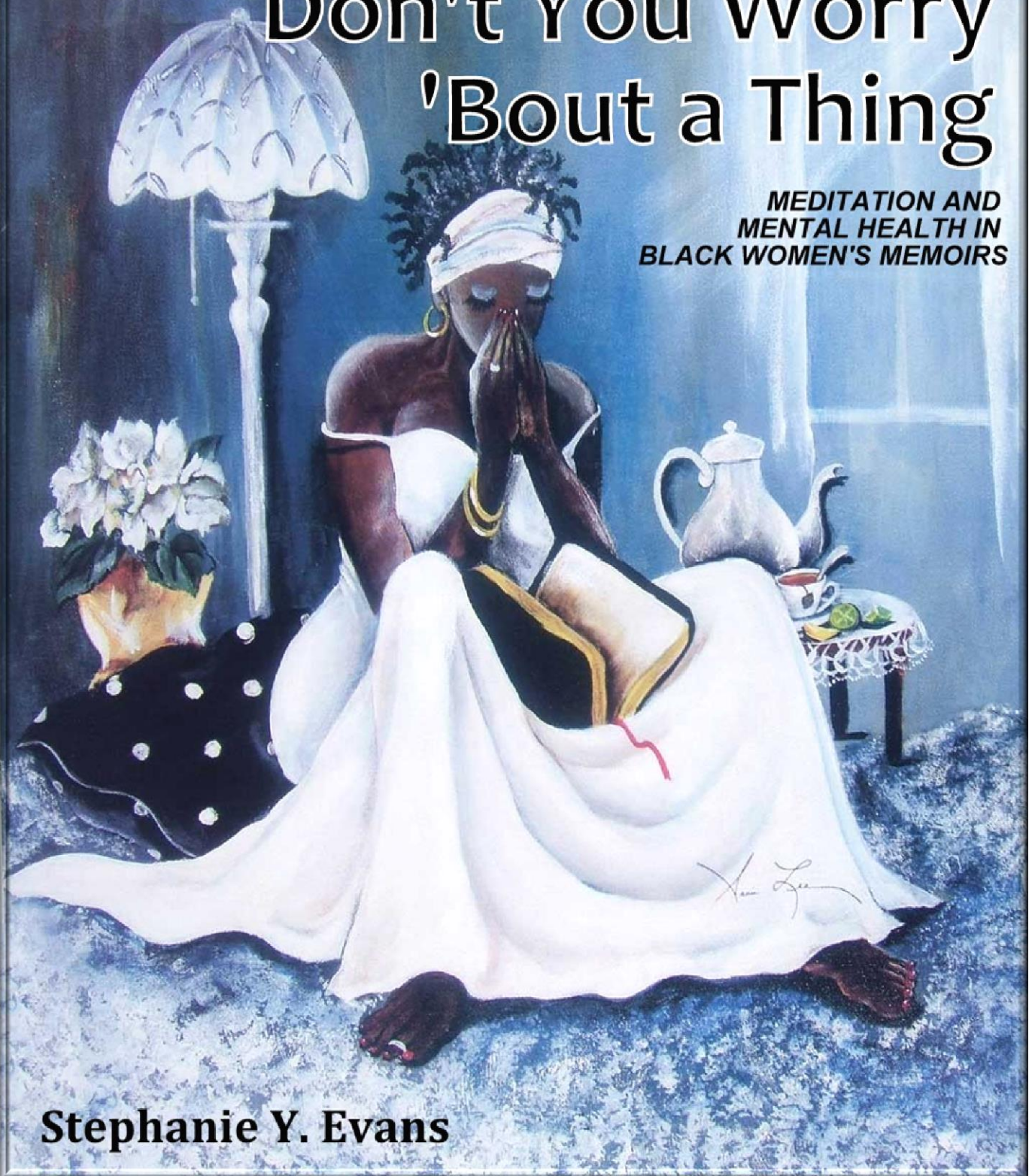


Don't You Worry 'Bout a Thing

MEDITATION AND
MENTAL HEALTH IN
BLACK WOMEN'S MEMOIRS



Stephanie Y. Evans

Cover Art: "My Cup Runneth Over."
Used by permission of the Annie Lee Foundation.

**Don't You Worry 'Bout a Thing:
Meditation and Mental Health in Black Women's Memoirs**

Forthcoming book by
Stephanie Y. Evans, PhD

Prologue	My Cup Runneth Over: Anna Julia Cooper's Sunroom
Chapter 1	Struggle for Wellness: Anxiety and Inner Peace
Chapter 2	Mind: Meditation as Mindfulness
Chapter 3	Body: Meditation as Yoga
Chapter 4	Spirit: Meditation as Prayer
Chapter 5	Wellness for Struggle: Activism and Progressive Peace
Epilogue	Blue Monday: Annie Lee's Self-Portraits

Book Description

Anxiety is African American women's most common mental health issue and the World Health Organization reports gender disparities for depression and anxiety around the globe. Four decades of medical research has shown meditation significantly reduces anxiety. So, how do Black women meditate?

Don't You Worry 'Bout a Thing offers groundbreaking insight into the range of ways in which Black women address anxiety in four areas: personal stress, interpersonal stress, social stress, and political stress. Over 150 life stories reveal how Black women from diverse geographic, ethnic, and religious backgrounds have defined meditation as mindfulness, yoga, and prayer. Numerous public figures such as Ruby Dee, bell hooks, Ellen Johnson-Sirleaf, Coretta Scott King, Queen Latifah, Audre Lorde, Miriam Makeba, Rita Marley, Toni Morrison, Rosa Parks, Alice Walker, and Venus and Serena Williams join dozens of writers who provide new understanding about mental health and wellness in memoirs and autobiographies. Centenarian educator Anna Julia Cooper and artist Annie Lee are highlighted as portraits of Black women's quest for inner peace.

As Audre Lorde wrote, Black women's self-preservation is a political act. These narratives about peace in mind, body, and spirit contribute to the regeneration of Black women activists who struggle against racism, sexism, poverty, violence, and human rights abuses which are foundational contributors to health disparities. Meditation lessens anxiety and, by reducing stress, also impacts the leading causes of death for Black women: heart disease and cancer. Accordingly, culturally-appropriate, values-based approaches are needed to effectively educate about healthy practices of conflict management. Exploring reflections of radical self-care, Dr. Stephanie Evans expands her research on Africana memoirs and Black women's intellectual history. *Don't You Worry 'Bout a Thing* identifies "blue zones" for Black women and addresses both morbidity and longevity. By gathering together a chorus of mindful and reflective authors, this collection builds on Black women's health movement work by Byllye Avery. Evans offers an inspirational resource and shows how meditation practices like Mindfulness-Based Stress Reduction (MBSR) are relevant in communities of color. This collage of narrative voices offers definitions, case studies, and lessons to create a roadmap for those who seek to improve ecologies of health in Black women's lives.

Part of author's book proceeds are donated to five foundations that contribute to Black women's wellness.