



## Too Heavy a Yoke: Black Women and the Burden of Strength

By Chanequa Walker-Barnes

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**Too Heavy a Yoke: Black Women and the Burden of Strength** By Chanequa Walker-Barnes

Black women are strong. At least that's what everyone says and how they are constantly depicted. But what, exactly, does this strength entail? And what price do Black women pay for it? In this book, the author, a psychologist and pastoral theologian, examines the burdensome yoke that the ideology of the Strong Black Woman places upon African American women. She demonstrates how the three core features of the ideology emotional strength, caregiving, and independence constrain the lives of African American women and predispose them to physical and emotional health problems, including obesity, diabetes, hypertension, and anxiety. She traces the historical, social, and theological influences that resulted in the evolution and maintenance of the Strong Black Woman, including the Christian church, R & B and hip-hop artists, and popular television and film. Drawing upon womanist pastoral theology and twelve-step philosophy, she calls upon pastoral caregivers to aid in the healing of African American women's identities and crafts a twelve-step program for Strong Black Women in recovery.

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### **Bibliography**

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### Editorial Review

#### Review

"Too Heavy a Yoke is a much-needed, thoughtful, and nuanced examination of the 'Strong Black Woman' stereotype--a significant new contribution to multiple disciplines of pastoral care and counseling, psychology, sociology, African American and womanist-feminist studies, and constructive theology. Walker Barnes draws on both womanist and Trinitarian theologies to examine how the church can play a part in healing and liberating black women from 'the burden of strength.' Meticulously researched and beautifully written, this book belongs on the shelf of every minister and pastoral counselor, and indeed every woman who knows in her soul the burdens of being a 'StrongBlackWoman.'"

--Pamela Cooper-White, Ben G. and Nancye Clapp Gautier Professor of Pastoral Theology, Care, and Counseling, Columbia Theological Seminary

"Well done! This book is a much-needed gift to the field of pastoral theology. It is a well nuanced and explicated research volume and a practical guide for caregivers, pastors, those who love women struggling with the ideology of the 'StrongBlackWoman,' as well as those in recovery."

--Marsha Foster Boyd, President Emerita, Ecumenical Theological Seminary

"A prayerful, prophetic, poetic, pastoral, powerful womanist analysis of the StrongBlackWoman, from an interdisciplinary, experiential perspective names the context, content, complexities, and pathology of many Black women's embodied archetypal, systemic oppression and posits hopeful options for a paradigmatic shift of recovery. Woven with artistry and passion, Too Heavy a Yoke is a must-read for clergy, therapists, caregivers, and any persons or groups committed to the liberation of black women, ultimately the liberation of all society."

--Cheryl A. Kirk-Duggan, Professor of Religion, Shaw University Divinity School --Wipf and Stock Publishers

#### About the Author

Chanequa Walker-Barnes is Assistant Professor of Pastoral Care and Counseling at McAfee School of Theology, Mercer University, Atlanta, Georgia. She is a licensed psychologist and a candidate for ordination in the United Methodist Church. Her articles have been published in a wide range of scholarly journals, including Journal of Pastoral Theology, Child Development, and American Journal of Community Psychology.

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because you can know every little thing by the book. So , we should make new experience and knowledge with this book.

**John Hickman:**

As people who live in the modest era should be change about what going on or details even knowledge to make these keep up with the era and that is always change and move forward. Some of you maybe will probably update themselves by reading through books. It is a good choice for you personally but the problems coming to you is you don't know what type you should start with. This Too Heavy a Yoke: Black Women and the Burden of Strength is our recommendation so you keep up with the world. Why, because book serves what you want and wish in this era.

**Andrew Martin:**

Reading a guide tends to be new life style in this era globalization. With reading through you can get a lot of information that will give you benefit in your life. Along with book everyone in this world could share their idea. Guides can also inspire a lot of people. Many author can inspire their very own reader with their story or even their experience. Not only the storyline that share in the guides. But also they write about the data about something that you need example of this. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors on earth always try to improve their skill in writing, they also doing some study before they write for their book. One of them is this Too Heavy a Yoke: Black Women and the Burden of Strength.

**Lewis Shafer:**

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