

***Root Shock How Tearing Up City Neighborhoods Hurts America
And What We Can Do About It Mindy Fullilove***

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Root Shock How Tearing Up

The concept of "root shock" was adapted from gardening by Dr. Mindy Fullilove. She learned about root shock from people who had been displaced by urban renewal in the 1950s and 1960s and her research was published in the book *Root Shock: How Tearing Up City Neighborhoods Hurts America and What We Can Do About It*, available from New Village Press.

ROOT SHOCK

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Root shock is the traumatic stress reaction to the destruction of all or part of one's emotional ecosystem. It has important parallels to the physiological shock experience by a person who, as a result of injury, suddenly loses massive amounts of fluids. Such a blow threatens the whole body's ability to function....

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In her book, *Root Shock: How Tearing Up City Neighborhoods Hurts America, and What We Can Do About It*, research psychiatrist Dr. Mindy Fullilove gives this phenomenon a name: root shock. "Root shock," Fullilove says, "is the traumatic stress reaction to the destruction of all or parts of one's emotional ecosystem."

Root Shock: How Tearing Up City Neighborhoods Hurts ...

Root Shock How Tearing Up City Neighborhoods Hurts America, And What We Can Do About It. by Mindy Thompson Fullilove. Foreword by Carlos F. Peterson and Mary Travis Bassett. Published by: New Village Press

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Root Shock: How Tearing Up City Neighborhoods Hurts America, and What We Can Do About It. Acknowledging the damage caused by root shock is crucial to coping with its human toll and building a road to recovery. Astonishing in its revelations, unsparing in its conclusions, *Root Shock* should be read by anyone who cares about the quality of life in American cities—and the dignity of those who reside there. From the Hardcover edition.

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Her work is the subject of feature articles, including the 2015 New York Times "The Town Shrink," and she herself has published numerous articles and papers, and five books--*Root Shock: How Tearing Up City Neighborhoods Hurts America and What We Can Do About It* (2004), *The House of Joshua: Meditations on Family and Place*(1999), and coauthored ...

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Root Shock: How Tearing Up City Neighborhoods Hurts American and What We Can Do About It is an important and timely book that sprang from her work as a public health psychiatrist who thought deeply about her patients and followed their sources of suffering and resilience outward to locate them in communities, traditions, and history. This book ...

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Dr. Mindy Fullilove - ROOT SHOCK

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