



# Shifting: The Double Lives of Black Women in America

*Charisse Jones, Kumea Shorter-Gooden*

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Based on the African American Women's Voices Project, *Shifting* reveals that a large number of African American women feel pressure to compromise their true selves as they navigate America's racial and gender bigotry. Black women "shift" by altering the expectations they have for themselves or their outer appearance. They modify their speech. They shift "White" as they head to work in the morning and "Black" as they come back home each night. They shift inward, internalizing the searing pain of the negative stereotypes that they encounter daily. And sometimes they shift by fighting back.

With deeply moving interviews, poignantly revealed on each page, *Shifting* is a much-needed, clear, and comprehensive portrait of the reality of African American women's lives today.

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