

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

Root Shock | Mindy Fullilove  
Root Shock: How Tearing Up City Neighborhoods Hurts America  
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Neighborhoods Hurts America  
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### **Root Shock | Mindy Fullilove**

Root Shock: How Tearing Up City Neighborhoods Hurts America, And What We Can Do About It. Mindy Thompson Fullilove. New Village Press, 2016 - Architecture - 304 pages. 0 Reviews. Root Shock examines 3 different U.S. cities to unmask the crippling results of decades-old disinvestment in communities of color and the urban renewal practices that ultimately destroyed these neighborhoods for the

### **Root Shock: How Tearing Up City Neighborhoods Hurts**

Root Shock: How Tearing Up City Neighborhoods Hurts America 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.

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“Root shock,” Fullilove says, “is the traumatic stress reaction to the destruction of all or parts of one’s emotional ecosystem.” She later adds: “Root shock, at the level of the local community... ruptures bonds, dispersing people to all the directions of the compass.

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Root Shock: How Tearing Up City Neighborhoods Hurts America, and What we Can Do About It by Mindy Thompson Fullilove is a book that raises many questions about urban renewal, which many people did come to see as Negro Removal. Yet, many people need to read it because it does push reader to think about communities and equality.

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Root Shock: How Tearing Up City Neighborhoods Hurts America and What We Can Do About It, Ballantine Books, New York, 2004. Second edition: New Village Press, 2016. Distributed by NYUPress - Purchase here. Root Shock examines 3 different U.S. cities to unmask the crippling results of decades-old disinvestment in communities of color and the urban renewal practices that ultimately destroyed

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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. 304 Pages, 6.00 x 9.00 in, 60 black and white illustrations. Paperback; 9781613320198; Published: November 2016; \$19.95. BUY . Hardcover; 9781613320402; Published: November 2016; \$89.00

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When a neighborhood is destroyed its inhabitants suffer “root shock”: a traumatic stress reaction related to the destruction of one’s emotional ecosystem. The ripple effects of root shock have an

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### **Dr. Mindy Fullilove - ROOT SHOCK**

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At the individual level, root shock is the emotional trauma a person experiences when his or her environment is devastated, such as in events of natural disaster or military conflict. It increases the risk for stress-related diseases like depression and heart attack and diminishes social, emotional, and financial resources.

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Illustrating the social and psychological necessity of safe, stable, and beautiful

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places, Dr. Fullilove argues that the loss of these communities causes trauma—root shock—in the individuals and groups torn from their homes, neighborhoods, and social support systems.

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Root Shock: How Tearing Up City Neighborhoods Hurts America, And What We Can Do About It. Mindy Thompson Fullilove. NYU Press, Oct 24, 2016 - Social Science - 304 pages. 0 Reviews. Dr. Mindy Thompson Fullilove, a clinical psychiatrist, exposes the devastating outcome of decades of urban renewal projects to our nation's marginalized communities. Examining the traumatic stress of "root shock

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