



Unseen Strengths: Navigating Intersectionality of Race and Disability in the Workplace

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COLLECTION EDITED BY Christopher Mcauley

COLLECTION
Black Studies

EDITION
1st edition

MARKET
College/higher education
and Professional and
scholarly

This course reading...

- A powerful memoir challenging societal perceptions of mental health and Black womanhood.
- Explores workplace discrimination, stigma, and the journey toward self-acceptance and empowerment.
- Highlights the role of education in advocating for mental health awareness and systemic change.
- Ideal for those in Black studies, disability advocates, mental health professionals and educators.

How does a Black woman navigate mental health, identity, and workplace stigma while redefining resilience and success?

Unseen Strengths by Buruuj Tunsill explores identity, mental health, and resilience. Grappling with the question, "What is mental illness?" she challenges societal perceptions and systemic labels. Facing stigma in work environments, she seeks healthier coping mechanisms while navigating rejection from her community. After 13 years of highs and lows, she turns to higher education to advocate for others. This powerful narrative examines the complexities of being a Black woman with a mental illness, urging readers to rethink mental health narratives and embrace self-acceptance.

Ideal for those in Black studies, disability advocates, mental health professionals, educators, and anyone seeking insight into resilience, identity, and systemic challenges in mental health.

Buruuj Tunsill is an Assistant Professor of Special Education with seven years of experience as a dedicated special educator. She is a passionate advocate for mental health awareness and education. Her journey with schizoaffective disorder, diagnosed in 2010, inspired the writing of three impactful books.

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