



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

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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's** journey with schizoaffective disorder shaped her advocacy, inspiring books on mental health and identity.

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