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Environmental Stress and African Americans

Grace Carroll

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Carroll contends that race is brought to the consciousness of African Americans every day through interaction with employers, service providers, landlords, the police, and the media, and examines the stress experienced by blacks merely as a result of being African American.

Micro-aggressions include experiences such as being denied service, being falsely accused, being negatively singled out on account of one's race. The author labels the stress that results from such micro-aggressions as Mundane Extreme Environmental Stress?which she says is a daily experience, has a significant impact on one's psychological well being and world view, is environmentally induced, and is detracting and energy consuming.

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