



## Lawrence Hill Books

AN IMPRINT OF CHICAGO REVIEW PRESS

### Trauma, Tresses, & Truth: Untangling Our Hair Through Personal Narratives

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ISBN: 978-164160-670-7

LCCN: 1641606703

256 pages, 6 x 9

60 b/w photos

\$19.99

Trade Paperback

Pub Date: November 2022

SOCIAL SCIENCE / Ethnic Studies

LITERARY COLLECTIONS / African American / Studies

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***"Trauma, Tresses, & Truth offers vivid vignettes of individual and collective episodic memory. There is an urgent need for collective healing that invites Black and Brown women to tell their stories from the crown down. Trauma, Tresses, & Truth seeks to unseat and decolonize our natural hair stories, redirecting entire eras of grief into rediscovery, rebirth, and reclamation of our ability to choose our hair stories."***

***—Dr. Afiya Mbilishaka, founder and CEO of PsychoHairapy***

Black women continue to have a complex and convoluted relationship with their hair. From grammar and high schools to corporate boardrooms and military squadrons, Black and Afro Latina natural hair continues to confound, transfix, and enrage members of White American society. Why, in 2022, is this still the case? Why have we not moved beyond that perennial racist emblem? And why are women so disproportionately affected?

Why does our hair become most palatable when it capitulates, and has been subjugated, to resemble Caucasian features as closely as possible? Who or what is responsible for the web of supervision and surveillance of our hair? Who in our society gets to author the prevailing constitution of professional appearance?

Particularly relevant during this time of emboldened White supremacy, racism, and provocative othering, this work explores how writing about one of the still-remaining systemic biases in schools, academia, and corporate America might lead to greater understanding and respect.

***"The story of Black women's relationship to our hair comes with many layers. It's beautiful like a fresh set of box braids, relaxer-burn painful, and somewhere in between. Through the experiences of amazing Black women writers, Trauma, Tresses, & Truth tells the complexities of Black hair culture with authenticity and heart. Each page gives the reader an insightful blend of powerful storytelling and prose with social and historical context, all making Trauma, Tresses, & Truth another crown in the literary discourse of Black women's hair."*** —Jeneé Darden, journalist and author of *When a Purple Rose Blooms*

***"Trauma, Tresses, & Truth is abundant with important messages, historical truths, and acts of everyday heroism and defiance in the face of the worst kind of racism, the kind that refuses to recognize itself. This powerful collection is an important addition to minority studies and a necessary contribution to the process of Black women taking back their crowns."*** —Tara Lynn Masih, editor of the award-winning *Chalk Circle: Intercultural Prizewinning Essays*



Lyzette Wanzer is a writer, editor, and workshop instructor. Her work has appeared in more than twenty-five journals, magazines, and books. She has presented her work at conferences across the country. Wanzer is a contributor to *The Chalk Circle: Intercultural Prizewinning Essays* and *Lyric Essay as Resistance: Truth from the Margins*. She lives in San Francisco.

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