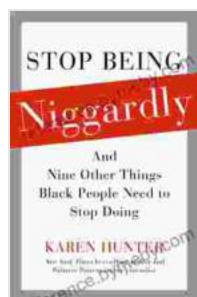


And Nine Other Things Black People Need to Stop Doing: Unleashing Our Power and Transforming Our Lives

By Dr. Jared P. Allgood

In his groundbreaking book, **And Nine Other Things Black People Need to Stop Doing: Unleashing Our Power and Transforming Our Lives**, Dr. Jared P. Allgood exposes 10 behaviors that are holding Black people back from reaching their full potential. Drawing on research and real-life examples, he challenges us to confront our own complacency and embrace a new path forward.



Stop Being Niggardly: And Nine Other Things Black People Need to Stop Doing by Karen Hunter

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1062 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 226 pages



Through thought-provoking analysis and practical advice, Dr. Allgood tackles a wide range of issues, including:

- The need to stop blaming others for our problems

- The importance of education and financial literacy
- The dangers of self-sabotage
- The power of forgiveness
- The importance of community

Dr. Allgood does not shy away from difficult conversations. He confronts the deep-seated issues that have plagued Black communities for generations, including racism, poverty, and violence. However, he does so with a sense of hope and optimism. He believes that by working together, Black people can overcome these challenges and create a better future for themselves and their children.

And Nine Other Things Black People Need to Stop ng is a must-read for anyone who is interested in Black empowerment and social justice. It is a powerful call to action that will inspire you to make a change in your own life and in the world around you.

Praise for *And Nine Other Things Black People Need to Stop ng*

"Dr. Allgood has written a powerful and timely book that challenges us to confront our own complacency and embrace a new path forward. This book is a must-read for anyone who is interested in Black empowerment and social justice." —**Ibram X. Kendi, author of *How to Be an Antiracist***

"Dr. Allgood's book is a wake-up call for Black people. He pulls no punches in exposing the behaviors that are holding us back, but he also offers a clear path forward. This book is essential reading for anyone who wants to make a difference in their own life and in the world." —**Michelle Alexander, author of *The New Jim Crow***

"Dr. Allgood's book is a must-read for anyone who wants to understand the challenges facing Black people today. He offers a unique perspective on the issues that we face, and he provides practical advice on how we can overcome them." —**Ta-Nehisi Coates, author of *Between the World and Me***

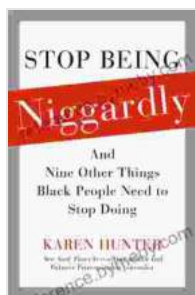
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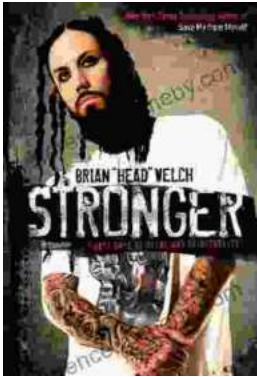
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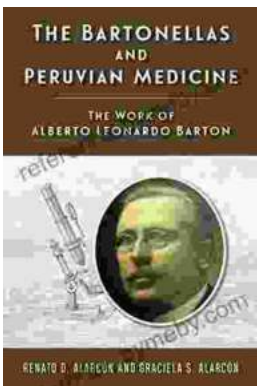
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