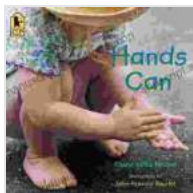


Hands Can: A Masterpiece of Black Empowerment and Guide for Living a Fulfilling Life

In the tapestry of literary works that celebrate the strength and resilience of the Black experience, "Hands Can" by Cheryl Willis Hudson stands out as a beacon of empowerment and a timeless guide for living a fulfilling life.



Hands Can by Cheryl Willis Hudson

★★★★☆ 4.8 out of 5

Language : English

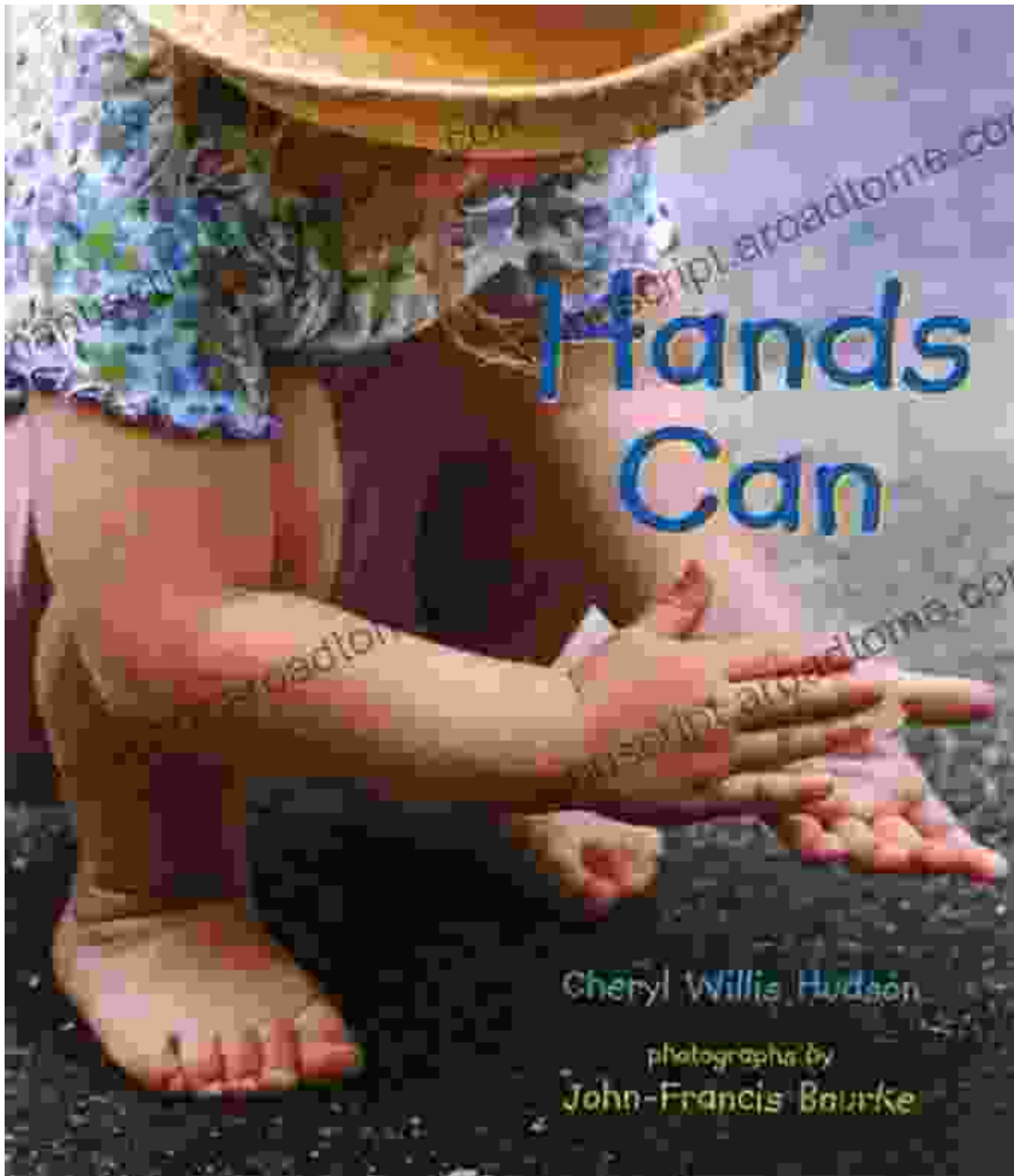
File size : 3017 KB

Screen Reader : Supported

Print length : 32 pages



Published in 1981, "Hands Can" is a collection of essays, parables, and poems that explores the challenges and triumphs of Black women in America. Hudson's writing is lyrical, evocative, and deeply personal, drawing upon her own experiences as a Black woman and educator to illuminate the complexities of race, gender, and identity.



A Symphony of Empowerment

At its core, "Hands Can" is a testament to the indomitable spirit of Black women. Hudson celebrates their resilience, their creativity, and their ability to overcome adversity. In the essay "Hands That Can Hold On," she writes:

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“Our hands can hold on to the plow, to the hammer, to the pen, to the child, to the vote, to the ballot box, to the law book, to the medical book. Our hands can hold on to the baton, to the paint brush, to the microphone, to the computer, to the steering wheel, to the throttle, to the baseball bat, to the basketball, to the football. Our hands can hold on to the Bible, to the Koran, to the Torah, to the Constitution, to the Declaration of Independence, to the Bill of Rights.”

Hudson's words resonate with a power that transcends time. They remind us of the countless contributions that Black women have made to society, from the arts and sciences to politics and education.

A Guide for Living a Fulfilling Life

Beyond its message of empowerment, "Hands Can" also offers profound insights into the human condition. Hudson explores themes of identity, self-acceptance, and the importance of living a life of purpose.

In the parable "The Gift," Hudson tells the story of a woman who receives a box containing a mirror. As she looks into the mirror, she sees not only her physical appearance but also her inner self, revealing both her strengths and weaknesses. Through this parable, Hudson teaches us that self-acceptance is essential for personal growth and fulfillment.

In another essay, "The Power of Possibility," Hudson encourages readers to embrace the possibilities that life offers. She writes:



“We can do anything we set our minds to. We can be anything we want to be. We can achieve anything we desire. We can make our dreams come true. All we have to do is believe in ourselves and never give up.”

Hudson's words are a call to action, inspiring us to reach for our full potential and to live a life that is both meaningful and fulfilling.

A Timeless Classic

Over four decades since its initial publication, "Hands Can" remains a timeless classic that continues to resonate with readers of all backgrounds. It is a work that celebrates the power of the human spirit, offering a message of hope and empowerment that is as relevant today as it was when it was first written.

Whether you are a Black woman seeking inspiration or a reader looking for insights into the human condition, "Hands Can" is a must-read. It is a book that will challenge you, uplift you, and ultimately empower you to live a life of purpose and fulfillment.

Additional Resources

- [Cheryl Willis Hudson's website](#)
- [Hands Can on Wikipedia](#)
- [Hands Can on Our Book Library](#)

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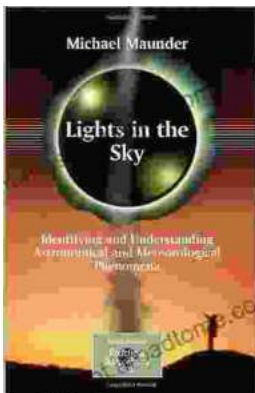
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