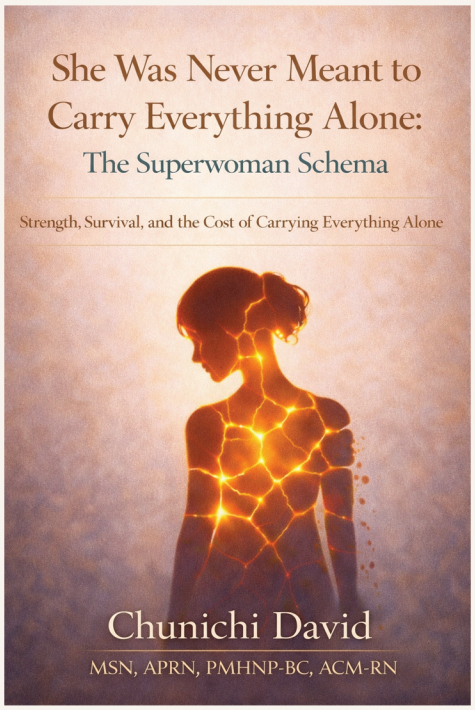

When being "the strong one" becomes a burden.

She Was Never Meant to Carry Everything Alone

The Superwoman Schema: Strength, Survival, and the Cost of Carrying Everything Alone

About the Book

She Was Never Meant to Carry Everything Alone explores the Superwoman Schema—the hidden pattern that teaches many women, especially Black women, to equate strength with constant self-sacrifice.

Blending lived experience, psychiatric insight, trauma-informed education, and faith, Chunichi David helps women recognize patterns of hyper-independence, perfectionism, people-pleasing, chronic stress, and emotional exhaustion—and discover a healthier definition of strength rooted in safety, support, rest, and wholeness.

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- Faith-based growth & transformation
- High-functioning women carrying too much
- Black women's wellness & wholeness



Chunichi David, MSN, APRN, PMHNP-BC, ACM-RN, is a psychiatric mental health nurse practitioner, registered nurse, author, speaker, and mental health advocate with more than 15 years of nursing experience. She is the founder of Rooted in Wellness Mental Health, a telepsychiatry practice serving California and North Carolina, and Legend Vision Press.

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