

Bell Hooks Quotes

*Thinking, People, Men, White, Struggle, Believe, Writing, Moving, Black, Self,
Commitment, Love Is, Way, Practice, Mean, Children, Justice, Race, Feminist,
Heart*

When we choose to love, we choose to move against fear, against alienation and separation. The choice to love is a choice to connect, to find ourselves in the other.

~Bell Hooks

The moment we choose to love we begin to move against domination, against oppression. The moment we choose to love we begin to move towards freedom, to act in ways that liberate ourselves and others.

~Bell Hooks

[O]ne of the most vital ways we sustain ourselves is by building communities of resistance, places where we know we are not alone.

~Bell Hooks

The practice of love is the most powerful antidote to the politics of domination.

~Bell Hooks

As long as women are using class or race power to dominate other women, feminist sisterhood cannot be fully realized.

~Bell Hooks

To be truly visionary we have to root our imagination in our concrete reality while simultaneously imagining possibilities beyond that reality.

~Bell Hooks

What we do is more important than what we say or what we say we believe.

~Bell Hooks

The rage of the oppressed is never the same as the rage of the privileged.

~Bell Hooks

Sometimes people try to destroy you, precisely because they recognize your power - not because they don't see it, but because they see it and they don't want it to exist.

~Bell Hooks

Shaming is one of the deepest tools of imperialist, white supremacist, capitalist patriarchy because shame produces trauma and trauma often produces paralysis.

~Bell Hooks

Knowing how to be solitary is central to the art of loving. When we can be alone, we can be with others without using them as a means of escape.

~Bell Hooks

True resistance begins with people confronting pain... and wanting to do something to change it.

~Bell Hooks

To build community requires vigilant awareness of the work we must continually do to undermine all the socialization that leads us to behave in ways that perpetuate domination.

~Bell Hooks

Hope is essential to any political struggle for radical change when the overall social climate promotes disillusionment and despair.

~Bell Hooks

The wounded child inside many females is a girl who was taught from early childhood on that she must become something other than herself, deny her true feelings, in order to attract and please others.

~Bell Hooks

If we want a beloved community, we must stand for justice, have

recognition for difference without attaching difference to privilege.

~Bell Hooks

You are not going to destroy this imperialist white supremacist capitalist patriarchy by creating your own version of it.

~Bell Hooks

Because we have learned to believe negativity is more realistic, it appears more real than any positive voice.

~Bell Hooks

Love is a combination of care, commitment, knowledge, responsibility, respect and trust.

~Bell Hooks

Feminist politics aims to end domination, to free us to be who we are - to live lives where we love justice, where we can live in peace. Feminism is for everybody.

~Bell Hooks

If we want a beloved community, we must stand for justice.

~Bell Hooks

To counter the fixation on a rhetoric of victimhood, black folks must engage in a discourse of self-determination.

~Bell Hooks

I began writing a book on love because I felt that the United States is moving away from love.

~Bell Hooks

The moment we choose to love we begin to move towards freedom.

~Bell Hooks

If any female feels she need anything beyond herself to legitimate and validate her existence, she is already giving away her power to be self-defining, her agency.

~Bell Hooks

Honesty and openness is always the foundation of insightful dialogue.

~Bell Hooks

To begin by always thinking of love as an action rather than a feeling is one way in which anyone using the word in this manner automatically assumes accountability and responsibility.

~Bell Hooks

Whether we're talking about race or gender or class, popular culture is where the pedagogy is, it's where the learning is.

~Bell Hooks

When men and women punish each other for truth telling, we reinforce the notion that lies are better.

~Bell Hooks

Loving friendships provide us with a space to experience the joy of community in a relationship where we learn to process all our issues, to cope with differences and conflict while staying connected.

~Bell Hooks

Without justice there can be no love.

~Bell Hooks

The true teacher is within us. A good teacher is someone who can help you to go back and touch the true teacher within, because you already have the insight within you.

~Bell Hooks

Only grown-ups think that the things children say come out of nowhere. We know they come from the deepest parts of ourselves.

~Bell Hooks

What we cannot imagine cannot come into being.

~Bell Hooks

The greatest movement for social justice our country has ever known is the civil rights movement and it was totally rooted in a love ethic.

~Bell Hooks

..Critically intervene in a way that challenges and changes.

~Bell Hooks

I think our culture doesn't recognize passion, because real passion has the power to disrupt boundaries.

~Bell Hooks

When we drop fear, we can draw nearer to people, we can draw nearer to the earth, we can draw nearer to all the heavenly creatures that surround us.

~Bell Hooks

Feminism is a struggle to end sexist oppression. Therefore, it is necessarily a struggle to eradicate the ideology of domination that permeates Western culture on various levels.

~Bell Hooks

America is a country that would rather talk about race than class.

~Bell Hooks

I celebrate teaching that enables transgressions - a movement against and beyond boundaries. It is that movement which makes education the practice of freedom.

~Bell Hooks

All our silences in the face of racist assault are acts of complicity.

~Bell Hooks

I will not have my life narrowed down. I will not bow down to somebody else's whim or to someone else's ignorance.

~Bell Hooks

The world demands that you work for it, make families, provide, take no time to listen to your own heart beating.

~Bell Hooks

Most of us did not learn when we were young that our capacity to be self-loving would be shaped by the work we do and whether that work enhances our well-being.

~Bell Hooks

What had begun as a movement to free all black people from racist oppression became a movement with its primary goal the establishment of black male patriarchy.

~Bell Hooks

Being oppressed means the absence of choices

~Bell Hooks

The practice of love offers no place of safety. We risk loss, hurt, pain. We risk being acted upon by forces outside our control.

~Bell Hooks

The soul of our politics is the commitment to ending domination.

~Bell Hooks

Sexism has never rendered women powerless. It has either suppressed

their strength or exploited it.

~Bell Hooks

The transformative power of love is not fully embraced in our society because we often wrongly believe that torment and anguish are our 'natural' condition.

~Bell Hooks

Love does have the power to redeem but only if we are ready for redemption. Love saves us only if we want to be saved.

~Bell Hooks

The fierce willingness to repudiate domination in a holistic manner is the starting point for progressive cultural revolution.

~Bell Hooks

There must exist a paradigm, a practical model for social change that includes an understanding of ways to transform consciousness that are linked to efforts to transform structures.

~Bell Hooks

Commitment to truth telling lays the groundwork for the openness and honesty that is the heartbeat of love.

~Bell Hooks

Intersectionality allow us to focus on what is most important at a given point in time.

~Bell Hooks

Beloved community is formed not by the eradication of difference but by its affirmation, by each of us claiming the identities and cultural legacies that shape who we are and how we live in the world.

~Bell Hooks

You must have courage to love, you have to have a profound will to do what is right to love, and it does not come easy.

~Bell Hooks

Our freedom is sweet. It will be sweeter when we are all free.

~Bell Hooks

When we face pain in relationships our first response is often to sever bonds rather than to maintain commitment.

~Bell Hooks

The world would be a paradise of peace and justice if global citizens shared a common definition of love which would guide our thoughts and action.

~Bell Hooks

Sadly, children's passion for thinking often ends when they encounter a world that seeks to educate them for conformity and obedience only.

~Bell Hooks

Secrets find a way out in sleep . . . It is the place where there is no pretense.

~Bell Hooks

Since loving is about knowing, we have more meaningful love relationships when we know each other and it takes time to know each other.

~Bell Hooks

It's in the act of having to do things that you don't want to that you learn something about moving past the self. Past the ego.

~Bell Hooks

I would also say that, in practice, many more Americans are anarchists

than would ever use that term.

~Bell Hooks

As more people of color raise our consciousness and refuse to be pitted against one another, the forces of neo-colonial white supremacist domination must work harder to divide and conquer.

~Bell Hooks

There is light in darkness, you just have to find it.

~Bell Hooks

We have to constantly critique imperialist white supremacist patriarchal culture because it is normalized by mass media and rendered unproblematic.

~Bell Hooks

To love well is the task in all meaningful relationships, not just romantic bonds.

~Bell Hooks

Imagine living in a world where there is no domination, where females and males are not alike or even always equal, but where a vision of mutuality is the ethos shaping our interaction.

~Bell Hooks

Changing how we see images is clearly one way to change the world.

~Bell Hooks

Writing and performing should deepen the meaning of words, should illuminate, transfix and transform.

~Bell Hooks

Shame produces trauma. Trauma produces paralysis.

~Bell Hooks

To truly love we must learn to mix various ingredients - care, affection, recognition, respect, commitment, and trust, as well as honest and open communication.

~Bell Hooks

I believe that it is impossible for two individuals not committed to their own and each other's well being to sustain a healthy and enduring relationship.

~Bell Hooks

feminism is for everybody

~Bell Hooks

I feel like there is always something trying to pull us back into sleep, that there is this sort of seductive quality in all the hedonistic pleasures that pull on us.

~Bell Hooks

Within a capitalist consumer society, the cult of personality has the power to subsume ideas, to make the person, the personality into the product and not the work itself.

~Bell Hooks

Do not expect to receive the love from someone else you do not give yourself.

~Bell Hooks

Why is it that many contemporary male thinkers, especially men of color, repudiate the imperialist legacy of Columbus but affirm dimensions of that legacy by their refusal to repudiate patriarchy?

~Bell Hooks

Imagine how much easier it would be for us to learn how to love if we began with a shared definition.

~Bell Hooks

When we work with love we renew the spirit; that renewal is an act of self-love, it nurtures our growth.

~Bell Hooks

. . . no Black woman can become an intellectual without decolonizing her mind.

~Bell Hooks

The power of patriarchy has been to make maleness feared and to make men feel that it is better to be feared than to be loved. Whether they can confess this or not, men know that just is not true.

~Bell Hooks

I feel that my environment reflects my belief in the grace and art and elegance of living simply.

~Bell Hooks

One of the most subversive institutions in the United States is the public library.

~Bell Hooks

Living simply makes loving simple.

~Bell Hooks

Of all the definitions of love that abound in our universe, a special favorite of mine is... â€œthe will to extend one's self for the purpose of nurturing one's own or another's spiritual growth.â€•

~Bell Hooks

To indoctrinate boys into the rules of patriarchy, we force them to feel pain and to deny their feelings.

~Bell Hooks

The function of art is to do more than tell it like it is-it's to imagine what is possible.

~Bell Hooks

The word "love" is most often defined as a noun, yet al the more astute theorists of love acknowledge that we would all love better if we used it as a verb.

~Bell Hooks

One of the things I find most exciting is talking with people who are working with my work. Who are using it in some way with their life to address everyday politics of meaning.

~Bell Hooks

Class is rarely talked about in the United States; nowhere is there a more intense silence about the reality of class differences than in educational settings.

~Bell Hooks

Many spiritual teachers - in Buddhism, in Islam - have talked about first-hand experience of the world as an important part of the path to wisdom, to enlightenment.

~Bell Hooks

There will be no mass-based feminist movement as long as feminist ideas are understood only by a well-educated few.

~Bell Hooks

I have created a life style that supports contemplation, service to words.

~Bell Hooks

It is important for this country to make its people so obsessed with their own liberal individualism that they do not have time to think about a

world larger than self.

~Bell Hooks

One of the major differences I see in the political climate today is that there is less collective support for coming to critical consciousness - in communities, in institutions, among friends.

~Bell Hooks

Isolation and loneliness are central causes of depression and despair.

~Bell Hooks

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