

Karel V. Brown

Chapter 1

Love Yourself First

*When I was around eighteen, I looked in the mirror and said,
"You're either going to love yourself or hate yourself." And I
decided to love myself. That changed a lot of things.*

—Queen Latifah

Love Yourself First!

I was born about 1820 or 1821. I ain't sure, because there were no papers to tell my birth date. My mama said it was in the spring of the year, about March. We lived on the Eastern Shore of Maryland in Dorchester County. My name when I was born was Aramina Ross. People called me Minty for short. My daddy's name was Benjamin Ross, we called him Daddy Ben. My mama's name was Harriet Green. When I was about twenty-four years old, I changed my name to Harriet, like my mama. There were nine of us children. I was in the middle. Daddy Ben worked for the Baltimore shipyard as a lumberman. He taught me all kinds of things about the woods, where to hike, which berries were good to eat, and which ones were for medicine. Mama worked in the big house as a cook.

My master hired me out to work away from my parents when I was a young child, about five or six years old. I worked long hours, and I had to grow up fast. When I was away from my family, the people I worked for yelled at me or whipped me for not doing my work right or just for being me.

It was hard on me not to be heartbroken and sad all the time. My master was always sending me to work for some mean folks. When I didn't work out for them, they sent me back home. Then after I got no feeling better with my family, the master would send me to work for some folks meaner than the others were.

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Marcel A. Müller



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