

EDITED BY ELONA WASHINGTON

FOREWORD BY LISA HURLEY

TRIUMPH

in the

TRENCHES

Volume 3

The Green Book
*for Black
Professionals*



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About the Book

What if Survival Was Never the Goal?

You were taught to play the game: work twice as hard, stay quiet, and make it look easy. We've learned to navigate workplaces that were never built with us in mind—performing excellence, shrinking ourselves, and enduring harm just to survive.

But what if we told you that surviving was making you sick?

What if we told you that the stress, silence, and self-sacrifice were not just unfortunate side effects but warning signs? And that you have every right to choose differently.

What if we showed you ways to stop letting the system define success and start building lives that reflect your values, boundaries, and vision?

Triumph in the Trenches, Vol. 3 is your roadmap to healing, reinvention, and power beyond the systems that shaped us. Whether you're redefining how you show up at work or building something of your own, this book offers real stories, strategies, and pathways forward.

About the Cover

The green cover is in honor of Victor Hugo's book, *Green Book for Negro Motorists*, which was compiled annually from 1936–1966 to provide a list of safe hotels, restaurants, boarding houses, etc. across the country.

During the Civil War, hot air balloons were used for aerial reconnaissance so scouts could see and detect the enemy miles away. The writers in this anthology did the same by sharing hard-won perspectives to help you recognize and overcome obstacles in the workplace.

Foreword by Lisa Hurley



Lisa Hurley is a three-time Anthem Award-winning activist, writer, podcaster, and community builder. Her work centers Black women and converges at the nexus of self-care, community care, joy, and rest.

Hurley is the author of *Space To Exhale: A Handbook For Curating A Soft, Centered, Serene Life*, a transformational book created to help people beat burnout, embrace rest, and curate a soft, fulfilling life.

In addition, she is the founder of The Great Exhale, a serene virtual community focused on sisterhood and soft living, where Black women can relax, lay their burdens down, and exhale.

Lisa is an executive member of the International Academy of Digital Arts and Sciences and a juror for the Anthem Awards. A respected figure, she has been honored as one of the Top 20 Entrepreneurs to follow on LinkedIn, voted as one of LinkedIn's Top 50 Black Creators, and recognized as one of the Top 10 Anti-Discrimination Activists in the world. As a result of her activism, her words have been quoted in *Forbes*, *Entrepreneur*, *Sweet July*, *Adweek*, and more.

A strong believer in good vibes, Lisa is a second-generation Reiki Master known for her inspiring affirmations on TikTok. Of Caribbean heritage, Lisa has an understandable preference for warmer climates. Her love languages are sunshine, laughter, and naps.

Letter from the Publisher

Dear Reader,

Thank you for choosing *Triumph in the Trenches*, Vol. 3, as part of your book club's journey. As the publisher, I am honored to share a volume that dares to ask a different question: What if survival was never the goal?

For generations, we've been told to work twice as hard, keep our heads down, and sacrifice our peace for the sake of stability. Many of us have learned to shrink ourselves, internalize harm, and measure success by titles or paychecks, often at the expense of our health and wholeness. But this book offers another path.

The voices in these pages don't just describe survival; they show us what it looks like to heal, rebuild, and define success on our terms. Whether that means staying and setting boundaries, leaving to create something new, or simply reclaiming rest as resistance, *Triumph 3* reminds us that we deserve more than endurance. We deserve to thrive.

As you discuss this book, I encourage you to reflect on your own definitions of success and consider: What patterns have you outgrown? What would it look like to choose yourself without apology? How might your community grow stronger when each person embraces both purpose and well-being?

Thank you for being part of this conversation.

With gratitude,

Elona Washington
Publisher, *The Author's Journey*



Reviews & Praise for Triumph



Vicki

Triumph in the Trenches is a powerful read that blends personal anecdotes with research, offering a refreshing change from strictly technical data. The writing style is engaging and easy to follow, which kept me turning the pages.

This book is both validating and eye-opening. It highlights that people of color often face the same exhausting workplace conditions across industries, and it serves as a reminder that we are not alone. I would recommend it to anyone seeking solidarity and possible next steps for navigating difficult work environments.



Sonya

Triumph in the Trenches immediately resonated with me, especially as I navigate the challenges of workplace culture. The book is easy to follow, and I found real depth and clarity; it delivered strong meaning, a message, and practical information that I could apply directly to my life.

One of the biggest takeaways for me was the reminder that I control my own boundaries in the workplace and that it's essential to keep learning and relearning so I can move forward.

I would recommend this book to others, as it offers both validation and practical guidance. Overall, this is a powerful and worthwhile read.



Nastassia

Triumph in the Trenches is a relatable and timely book for anyone navigating Corporate America as a Black professional. Many of the topics resonated with me personally, and I appreciated how the stories reflected the real challenges we face.

The book's message is clear: don't let stereotypes dim your light. It's a powerful reminder that our voices and experiences matter, and I would recommend it to others who can relate to these struggles.



Kristle

Triumph in the Trenches is full of relatable moments, written in a conversational tone that makes the chapters feel engaging and approachable. While the style sometimes leaned more conversational than a traditional book, it was consistent throughout and worked well for the subject matter.

I especially appreciated how the stories reflected shared workplace struggles that many African American women face, reminding us that we are not alone in these experiences. This book is a valuable read, and I would definitely recommend it to other Black women striving to make progress in their careers. Congratulations to the authors on such an important project. I'm excited to read the rest!



Rochelle

This book is a rallying cry for anyone striving to challenge inequity and effect meaningful change in their personal and professional lives. Through a masterful blend of allegory, personal storytelling, and systemic critique, it paints a vivid picture of what it means to be a social justice advocate in spaces where inequity persists.

The book addresses workplace challenges for Black professionals with authenticity, highlighting microaggressions, tokenism, pay inequities, and exclusion from leadership. It validates lived experiences while offering practical strategies for resilience and systemic change.

The key takeaway is that the fight for equity is both deeply personal and profoundly systemic. This book not only affirms that reality but equips readers with the mindset and tools to confront oppression while preserving their sense of self. A must-read for advocates, allies, and leaders committed to creating spaces of genuine inclusion and equity.

Reviews & Praise for Triumph

★★★★★

Kim

Reading *Triumph in the Trenches* feels like sitting down with a trusted friend who finally tells you the truth about what it means to be Black and professional in a world not built to support that identity. This isn't a book of theory. It's a genuine, unfiltered collection of lived wisdom.

Every voice in it is courageous, every story is powerful, and the vulnerability leaps off the page. You can't help but feel inspired and hopeful by the strength and grace of the authors. The honesty is refreshing, the insights are rich, and the solutions are rooted in lived reality, not corporate platitudes.

And for 'white' readers, this book is a gift. It's an intense, transformative opportunity to witness what systemic racism, coded language, workplace microaggressions, and false equity efforts actually feel like from the other side. We often don't see the damage we do. This book helps us feel it, and begin to understand. Each chapter is a call to unlearn, to reflect, and to stop causing harm. It is impossible to walk away unchanged. This book is not just for Black professionals; it's a mirror for us all and a map forward. Read it. Feel it. Learn from it. Then do better.

★★★★★

Julissa

Triumph in the Trenches is an engaging and thought-provoking book that blends stories from both men and women across the U.S. and internationally.

As a Black woman, I especially connected with the chapters written by Black women, though I appreciated the variety of perspectives throughout. The book explores themes of confidence, self-trust, and navigating workplaces that are often predominately white or male, and I found those lessons valuable.

I found the book interesting, relatable, and easy to follow. I would especially recommend it to those who've experienced similar challenges in work or life, as the stories will likely resonate most deeply with them.

★★★★★

Ameris

I've been reading *Triumph in the Trenches*, a powerful collection of stories, and let me tell you, it's not just a book. It's a lifeline for anyone navigating the trenches of corporate America.

We need more of this. If you've ever felt unseen, unheard, or just needed to be reminded of your power, get this book.

★★★★★

Jeremy

What do you do when you're looking for real strategies to elevate?

That's where *Triumph in the Trenches* comes in. This powerful anthology brings together the voices of Black professionals from multiple industries, sharing how they've navigated, persevered, and thrived in challenging workplaces.

I'd rate this book a 10/10 – an inspiring, practical guide for anyone serious about advancing in their career without losing themselves in the process.

★★★★★

Danyellé

Triumph in the Trenches offers essential knowledge for Black professionals navigating workplace racism. As someone working in education surrounded mostly by white staff and administrators, the themes deeply resonated with me. The book is clear and easy to follow, and it provides practical strategies that aren't often addressed in books about racism.

The central message is powerful: racism in the workplace is real, but we don't have to sit by helplessly. We can take steps to protect ourselves and move forward.

I would absolutely recommend this book to others, as it sheds light on common workplace struggles and provides meaningful ways to confront them.

Publisher Interview Questions

Survival vs. Thriving

1. This volume challenges the idea that survival should be the ultimate goal. In your own experience, what have you sacrificed just to survive at work, and what might it look like to truly thrive instead?

Redefining Success

2. Many stories in this book push back against traditional definitions of success tied to titles, visibility, or performance. How do you currently define success, and how has that definition changed over time?

System or Self?

3. Triumph 3 asks: What if the system isn't worth winning in? Do you believe it's possible to succeed inside the system without losing yourself, or is success found by stepping outside of it?

Wholeness Over Hustle

4. The book critiques hustle culture and reframes rest and resistance as essential. How do you personally balance ambition with rest, and where do you still feel pressure to overperform?

Publisher Interview Questions

Patterns and Harm

1. Contributors share how they recognized patterns of adversity and stopped internalizing harm. What patterns have you noticed in your own career or community that need to be unlearned?

The Green Book Legacy

2. The cover design nods to the original Green Book and Civil War balloons—tools for safe passage and higher vision. What does having a “higher vantage point” mean for you today in navigating professional or personal challenges?

Collective Power

3. Several stories highlight that true change happens through community, not isolation. Where have you seen the power of collective action in your own life, and how could you build more of it?

Beyond the Paycheck

4. The book emphasizes choosing peace, health, and alignment alongside professional goals. What’s one boundary you could set right now that would honor both your livelihood and your well-being?

Group Discussion Questions

1. Several stories in Triumph 3 ask, What if survival was never the goal? How does that question land with you personally?
2. Which story in this volume resonated most with you—and why?
3. Many contributors describe redefining success beyond titles, paychecks, or visibility. How do you define success for yourself right now?
4. Where in your life or work have you felt pressure to shrink yourself to fit in?
5. The anthology critiques hustle culture and lifts up rest and boundaries. What role does rest play in your own life?
6. One of the themes of the book is recognizing patterns of harm. What harmful patterns have you noticed in workplaces or communities you've been part of?
7. The cover pays homage to the Green Book and Civil War balloons as tools for guidance and perspective. What “tools” or supports give you a higher vantage point today?
8. Which chapter made you stop and reflect the most? What stayed with you after reading it?
9. Many of the stories highlight the power of community. Where have you seen community make the biggest difference in your journey?
10. If you could give one piece of advice to your younger self after reading this book, what would it be?

Book Club Party Ideas

Breaking Barriers Panel & Discussion Night 🎤

Guest Speaker: Invite a career coach, therapist, or professional who can talk about overcoming workplace challenges.

Live Q&A: Have attendees submit anonymous workplace challenges in a box and discuss solutions together.

Themed Cocktails: Name drinks after key themes in the book (e.g., “The Resilience Remedy,” “Toxic Culture Cleanse”).

Workplace Glow-Up Vision Board Party ✨

Activity: Create vision boards focusing on career growth, financial empowerment, and wellness goals.

Supplies: Magazines, printouts of powerful quotes from the book, stickers, and markers.

Discussion Prompt: What’s one toxic workplace habit or mindset you want to unlearn?

Toxic Workplace Detox Spa Night 🧖‍♀️

Relaxation Station: Have face masks, essential oils, or mini massages to represent reclaiming wellness.

Journaling Session: Guide attendees through writing about past workplace traumas and what they learned.

Sound Healing & Music: Create a calming playlist to reinforce self-care.

Pre-Order Now

