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CRITICAL PERSPECTIVES ON SOCIAL SCIENCE



Navigating Identity, Loyalty, and Resistance in Puerto Rico

Denise Zubizarreta

# Colonial Stockholm Syndrome

*Navigating Identity, Loyalty, and Resistance in Puerto Rico*

CRITICAL PERSPECTIVES ON SOCIAL SCIENCE

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## Summary

‘Colonial Stockholm Syndrome: Navigating Identity, Loyalty, and Resistance in Puerto Rico’ by Denise Zubizarreta offers a critical examination of Puerto Rico’s enduring colonial legacy under both Spanish and American rule. This book explores the profound psychological and sociopolitical effects of centuries of colonization on Puerto Rican identity, illuminating how the island’s people have been conditioned to navigate complex loyalties and resistances in the face of systemic oppression. Through the innovative framework of Colonial Stockholm Syndrome, Zubizarreta analyzes how Puerto Ricans have historically reconciled their dual loyalties—first to the Spanish Empire and later to the United States—while confronting the ongoing challenges of inequality and dependency. The narrative delves into pivotal moments in Puerto Rican history, from the Spanish colonial era and the struggle for autonomy, to the American occupation beginning in 1898, and the current debates surrounding statehood and independence. Positioned within the broader discourse on colonialism and postcolonial studies, this work stands out for its unique approach to understanding Puerto Rico’s complex colonial history. By integrating historical analysis, personal narratives, and critical theory, Zubizarreta provides a comprehensive and accessible exploration of how colonial power dynamics continue to shape Puerto Rico’s national identity and political future. This book is an invaluable resource for scholars, students, and professionals in Latin American and Caribbean studies, political science, history, and cultural studies. It serves as a key reference for understanding the psychological and cultural dimensions of colonization, making it suitable for classroom adoption, academic research, and broader discussions on decolonization, identity, and resistance. ‘Colonial Stockholm Syndrome: Navigating Identity, Loyalty, and Resistance in Puerto Rico’ is an essential contribution to the literature on colonialism and its enduring impacts, offering new insights into one of the oldest colonies in the modern world.

## About the author

**Denise Zubizarreta** is a neurodivergent cultural operations specialist and interdisciplinary artist of Puerto Rican and Cuban descent, with decades of experience across creative fields. She is currently pursuing a PhD in Applied Social Justice at Dominican University, building on her MALCM (Master’s in Arts Leadership and Cultural Management) from Colorado State University and her BFA in Fine Art from Rocky Mountain College of Art + Design. As an arts and culture writer, Zubizarreta contributes to leading publications, offering curated and critical perspectives on contemporary art, film, television, and culture. Her work explores and challenges the intersections of colonialism, identity, technology, and tradition—both in her research and her mixed-media practice—through a decolonial lens that centers lived experience, ancestral memory, and systems of power.

June 2026 | Hardback 236x160mm | 201 Pages | ISBN: 979-8-8819-0326-8

**SUBJECTS** Sociology, History, Political Science

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