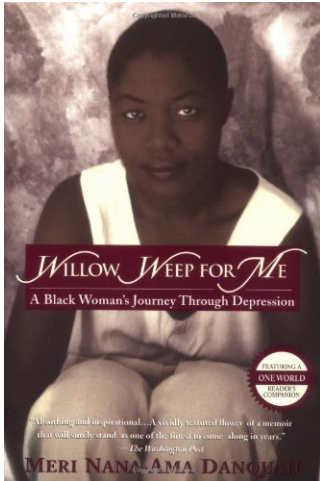


# [PDF] Willow Weep For Me: A Black Woman's Journey Through Depression

Meri Nana-Ama Danquah - pdf download free book

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#### Books Details:

Title: Willow Weep for Me: A Black W

Author: Meri Nana-Ama Danquah

Released: 1999-02-22

Language:

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#### Description:

**From Publishers Weekly** Danquah, a black single mother and Ghanaian-born immigrant, who moved to the U.S. at age six in 1973, has battled melancholy and despair, culminating in episodes of overwhelming depression. A performance artist and poet who has worked as a creative writing instructor, she discusses movingly how she overcame clinical depression in this candid memoir. Addressing the special circumstances of being both depressive and an African American woman, she notes, for example, that talking about one's parents is frowned on in African as well as African American culture. Her parents divorced when she was growing up in Washington, D.C., and she carried around suppressed rage at the father who

abandoned her and the mother whose lover she claims sexually abused her. After she fled to Los Angeles in 1991, her world fell apart when, as she tells it, her common-law husband threw her out along with their two-month-old daughter. With the help of therapists, Danquah ultimately confronted these traumas and the self-hatred induced partly by pervasive racism. Yet antidepressant drugs numbed her and drove her to alcohol. She kicked both habits and now overcomes the blues (the book's title is from a Billie Holiday song) through music, meditation and vigilant monitoring to avoid self-destructive situations and moods. She tells her story poignantly and affectingly. Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

**From Library Journal** In this brutally painful memoir, Danquah, a young single mother, reveals how her illness began, how it progressed to the point where she couldn't function, and how she finally got the support she needed to help combat it. Copyright 1997 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

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Buy a cheap copy of Willow Weep for Me: A Black Woman's book by Meri Nana-Ama Danquah. Examines the author's personal struggle with depression, the hidden roots of her illness, the effect it had on her life, and her ability to cope with the disease. Free Shipping on all orders over \$10. - The Washington Post A loving memoir of a black woman's lifelong fight to identify and overcome depression that offers an inspirational story of healing and emergence.' I have read and agree to the BehaveNet Terms of Use and Privacy Policy. Terms of use Privacy policy. Leave this field blank. Back to top. Willow Weep for Me - A Black Woman's Journey Through Depression - A Memoir. Author. Meri Nana-Ama. Willow weep for me. A black woman's journey through depression. by Meri Nana-Ama Danquah â€§ RELEASE DATE: Jan. 1, 1998. ``I have," Danquah notes early in this straightforward, moving memoir, ``been addicted to despair." For much of her life she has veered between bouts of mild depression and periods of extreme depression.Â The former first lady opens up about her early life, her journey to the White House, and the eight history-making years that followed. Itâ€™s not surprising that Obama grew up a rambunctious kid with a stubborn streak and an â€œI show youâ€ attitude. After all, it takes a special kind of moxie to survive being the first African-American FLOTUSâ€and not only survive, but thrive. Willow Weep for Me details the memoir of a young Black woman living with clinical depression. It is rare to read about depression and mental health through an analysis of race and intersectionality, and Meri does a wonderful job addressing stereotypes surrounding black women and depression, particularly her analysis on why the â€œstrong black womanâ€ narrative is so harmful and damaging. This book really makes you stop and reflect on your own experiences with mental illness, whether you personally Willow Weep for Me details the memoir of a young Black woman living with clinical depression. It is