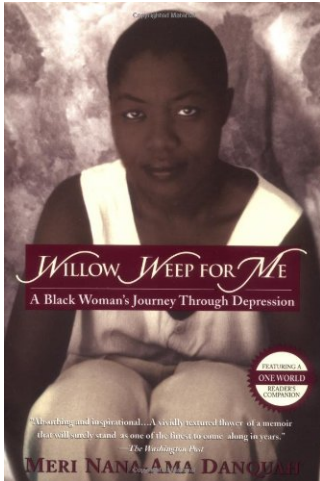


[PDF] Willow Weep For Me: A Black Woman's Journey Through Depression

Meri Nana-Ama Danquah - pdf download free book



Books Details:

Title: Willow Weep for Me: A Black W

Author: Meri Nana-Ama Danquah

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Description:

From Publishers Weekly Danquah, a black single mother and Ghanian-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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Depression is a "luxury". Black women are supposed to be strong, level headed and able to handle all that life throws at them. "...the strength that this image requires of them is not really strength at all. It is stoicism." Well sought after speaker. Advocate of depression awareness. Writer. Influential to many people. "...the first conscious thought that all was not well with me came in 1989, when I was 22" (27). Friends were aware of her depression, however, it took her longer to accept it. Stages. Willow Weep For Me: A Black Woman's Journey Through Depression. Society's Perspective. Lazy. 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 "strong black woman" 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 This moving memoir of an African-American woman's lifelong fight to identify and overcome depression offers an inspirational story of healing and emergence. Wrapped within Danquah's engaging account of this universal affliction is rare and insightful testimony about what it means to be black, female, and battling depression in a society that often idealizes black women as strong, nurturing caregivers. A startlingly honest, elegantly rendered depiction of depression, Willow Weep for Me calls out to all women who suffer in silence with a life-affirming message of recovery. Meri Danquah rises from the pages, a true survivor, departing a world of darkness and reclaiming her life.