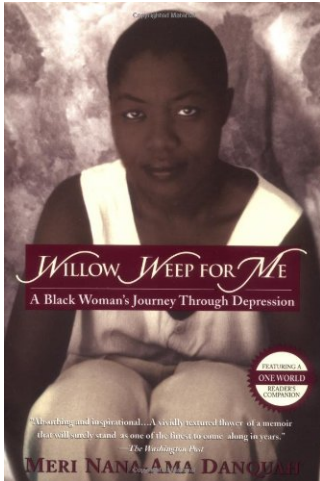


[PDF] Willow Weep For Me: A Black Woman's Journey Through Depression

Meri Nana-Ama Danquah - pdf download free book



Books Details:

Title: Willow Weep for Me: A Black W

Author: Meri Nana-Ama Danquah

Released: 1999-02-22

Language:

Pages: 288

ISBN: 0345432134

ISBN13: 978-0345432131

ASIN: 0345432134

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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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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 is not only a lovely book, it is a powerful one." - -DR. KAY REDFIELD JAMISON Author of An Unquiet Mind "SEDUCTIVE, LYRICAL, DESCRIPTIVE PROSE . . . Miss Danquah and the other black women, whose lives she charts in her book, have decided they can't wait to be rescued. . . . They have embraced each other and begun to seek healing. . . . Willow Weep for Me is a powerful lens." - -Washington Times "A very important text. Danquah has shed light on a serious problem within the African American community. Narratives. Finding other black womenâ€™s stories about what they have been through and how they got over is important. Meri Nana-Ama Danquahâ€™s book Willow Weep For Me: A Black Womanâ€™s Journey Through Depression was a powerful testimony for me. A professional listener. We are oftentimes the person people come to with their problems, but we donâ€™t always have someone we can go to with ours.