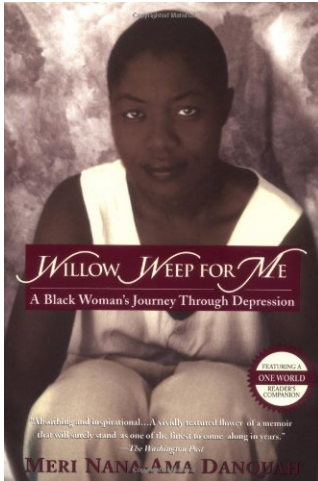


[PDF] Willow Weep For Me: A Black Woman's Journey Through Depression

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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Willow Weep for Me book. Read 42 reviews from the world's largest community for readers. This moving memoir of an African-American woman's lifelong fight...Â Goodreads helps you keep track of books you want to read. Start by marking "Willow Weep for Me: A Black Woman's Journey Through Depression" as Want to Read: Want to Read savingâ€¦| Want to Read. While in D.C., Danquah recognized that she suffered from clinical depression, an illness that would become the basis for her memoir Willow Weep for Me: A Black Woman's Journey Through Depression, which was published in 1998 to critical praise.[6][7][8] Excerpts from the book were published in the anthology Out of Her Mind: Women Writing. on Madness.[9] Danquah was chosen by the National Mental Health Association as spokesperson for their Campaign on Clinical Depression, which initiative specifically targeted African-American women. [10][11]. 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. . . .Â 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. 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. It's not surprising that Obama grew up a rambunctious kid with a stubborn streak and an "I'll show you" attitude. After all, it takes a special kind of moxie to survive being the first African-American FLOTUS"and not only survive, but thrive.

WILLOW WEEP FOR ME A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah Norton. 272 pp. \$23.95

Reviewed by Rachel Jones, a Washington writer and editor. More often than not, literary depictions of the black female's psyche are so loaded with mysticism and drama that they rise to a level of mythic "she-roism." That's why Meri Nana-Ama Danquah's powerfully frank and poignant memoir *Willow Weep for Me* must join the pantheon of books that smash preconceived notions and open new dialogues. It confronts one of the most persistent myths around -- that all black women are too strong and too busy "takin' care of business" to succumb to the crippling effects of depression. 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. From the Back Cover. 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 bl... *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. *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 Weeping willow tree Weep in sympathy Bend your branches down along the ground and cover me When the shadows fall, hear me willow and weep for me. Oh, Weeping willow tree Weep in sympathy Bend your branches down along the ground and cover me When the shadows fall, hear me willow and weep for me. Submit Corrections. Writer(s): Ronell Ann. These cookies may be set through our site by our advertising partners. They may be used by those companies to build a profile of your interests and show you relevant adverts on other sites. They do not store directly personal information, but are based on uniquely identifying your browser and internet device. If you do not allow these cookies, you will experience less targeted advertising.