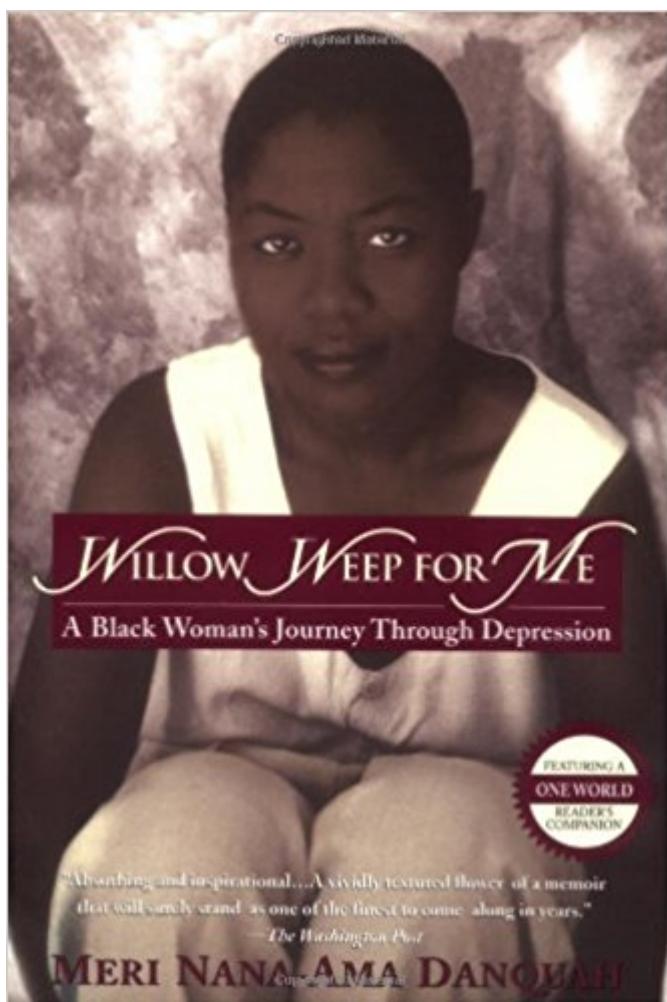


The book was found

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



Synopsis

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.

Book Information

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Customer Reviews

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.

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.

How many memoirs of depression have been written by people of color? None other that I can think of. This is an important book if for no reason other than that. But it's engaging too. The author knows the extent to which race is involved in depression, but also the extent to which other factors are also involved. And the book becomes increasingly engaging as it develops. My only problem is the very end of it. Every depression memoir assumes that the author has recovered to at least some extent, or else there would be no book. But because racism is part of the cause of this author's depression, the ending is overbright.

Amazing book, it helped someone I love dearly see their depression, how it affected people they lived, and admit to having the illness and commit to treatment. Having gone through a terrible doctoral program and needing to heal this guided my path to full emotional healing as someone bought into hype that Black women can hold up the world without self care.

Now I know why we can sometimes allow our lives to veer into places we really don't wish to go but are just too sick and tired of living broken to stop it even when we know that it won't end well. I wish we could all tell our story of pain and healing but unfortunately some of us will never heal completely, yet we can live better. This book is just one spot light into darkness.

I picked up this book at the suggestion of a very good friend who is well-versed on the dynamics of depression. Initially, I did not want to read it because I thought it would be, well, depressing. Therefore, it sat on my bookshelf for well over a year. How wrong I was! This book is searingly

beautiful, and is also very empowering! Just by reading about Ms. Danquah's struggles with this illness made me want to make changes in my own life. Ms. Danquah's book, although it chronicles her serious, debilitating bouts with depression, is life-affirming and powerful! *Willow Weep For Me* is beautifully and eloquently written and speaks to the strength of this intelligent, articulate young woman who had the courage to bare her vulnerability and to tell her remarkable story. God bless you, Ms. Danquah. You have given us all an extraordinary gift with your writing.

Incredible book. Everyone needs to read this. Her words can heal

I read this book after going through a bad break-up with my fiance. It's wonderful to read about a black woman being totally honest about her emotions, her illness and her reality. I appreciated Meri telling her story without wearing the "Superwoman" mask mainstream America forces on black women. This was an eye-opening book and it helped me to realize that I don't have to wear the superwoman mask. It inspired me to be brave enough to be honest about my own emotions and vulnerabilities! Black women and men should read this book, and everybody else should too! Dispel the myths!

This is a great book. The book arrived on time.

I had to read this book for a college course. It's a great book. It really gives you insight in the life of a person living with depression.

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