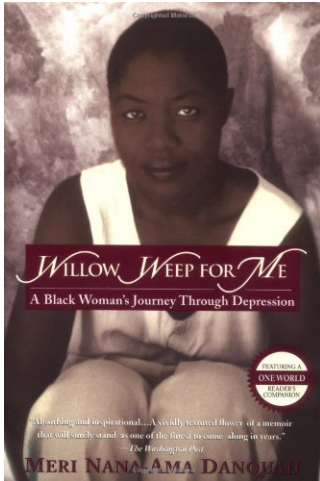


# [PDF] Willow Weep For Me: A Black Woman's Journey Through Depression

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:

Pages: 288

ISBN: 0345432134

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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.