



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

By Meri Nana-Ama Danquah

Download now

Read Online 

Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah

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.

 [Download Willow Weep for Me: A Black Woman's Journey T ...pdf](#)

 [Read Online Willow Weep for Me: A Black Woman's Journey ...pdf](#)

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

By Meri Nana-Ama Danquah

Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah

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.

Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah **Bibliography**

- Sales Rank: #774105 in Books
- Published on: 1999-02-22
- Released on: 1999-02-22
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .66" w x 5.50" l, .84 pounds
- Binding: Paperback
- 288 pages

 [Download Willow Weep for Me: A Black Woman's Journey T ...pdf](#)

 [Read Online Willow Weep for Me: A Black Woman's Journey ...pdf](#)

Download and Read Free Online Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah

Editorial Review

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.

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.

From Kirkus Reviews

"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. She charts the costs of this lifelong battle: disrupted relationships, broken friendships, several promising careers disrupted, a college education left incomplete. While there is no shortage of books describing long struggles with depression, Danquah's is one of the first works to focus on the needs and experiences of black women suffering from clinical depression. As Danquah points out, black women suffer from the additional burden of being viewed in many quarters as tough, enduring figures, those who give solace but who rarely require it themselves. She also discusses her therapy with frankness and describes her discoveries about the grim childhood origins of her depression. This is likely to prove of special help to black women working to come to terms with serious depression. -- *Copyright ©1997, Kirkus Associates, LP. All rights reserved.*

Users Review

From reader reviews:

Hector Hartung:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the Mall. How about open as well as read a book titled Willow Weep for Me: A Black Woman's Journey Through Depression? Maybe it is being best activity for you. You recognize beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with their opinion or you have various other opinion?

Dawn Campbell:

The feeling that you get from Willow Weep for Me: A Black Woman's Journey Through Depression may be the more deep you searching the information that hide into the words the more you get considering reading it. It does not mean that this book is hard to recognise but Willow Weep for Me: A Black Woman's Journey Through Depression giving you thrill feeling of reading. The writer conveys their point in particular way that can be understood through anyone who read the idea because the author of this guide is well-known enough. This particular book also makes your personal vocabulary increase well. So it is easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having that Willow Weep for Me: A Black Woman's Journey Through Depression instantly.

Charles Rowe:

Information is provisions for anyone to get better life, information currently can get by anyone with everywhere. The information can be a information or any news even an issue. What people must be consider whenever those information which is inside the former life are hard to be find than now could be taking seriously which one works to believe or which one the actual resource are convinced. If you find the unstable resource then you have it as your main information it will have huge disadvantage for you. All those possibilities will not happen with you if you take Willow Weep for Me: A Black Woman's Journey Through Depression as your daily resource information.

Jason Buckley:

The book untitled Willow Weep for Me: A Black Woman's Journey Through Depression contain a lot of information on the item. The writer explains your ex idea with easy approach. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read this. The book was compiled by famous author. The author brings you in the new period of literary works. You can read this book because you can please read on your smart phone, or gadget, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can available their official web-site and order it. Have a nice go through.

Download and Read Online Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah #IZLW2OCSXQM

Read Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah for online ebook

Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah books to read online.

Online Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah ebook PDF download

Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah Doc

Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah Mobipocket

Willow Weep for Me: A Black Woman's Journey Through Depression By Meri Nana-Ama Danquah EPub