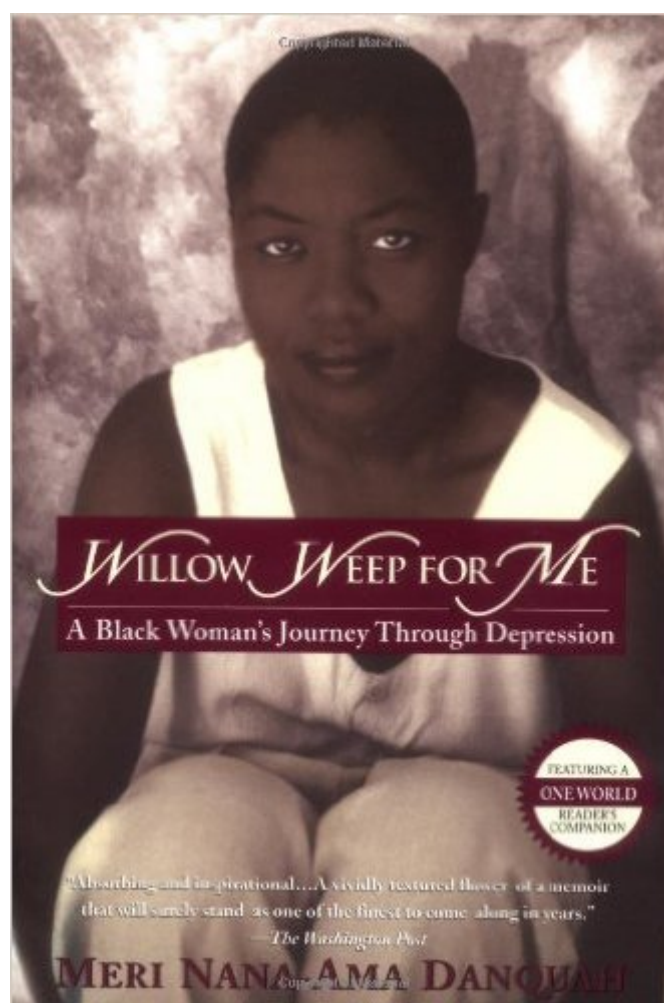


The book was found

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

Paperback: 288 pages

Publisher: One World/Ballantine; Reprint edition (February 22, 1999)

Language: English

ISBN-10: 0345432134

ISBN-13: 978-0345432131

Product Dimensions: 5.5 x 0.7 x 8.5 inches

Shipping Weight: 9.1 ounces

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #921,381 in Books (See Top 100 in Books) #45 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #1102 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #1739 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies](#)

Customer Reviews

I read a review of this book in a magazine about two years ago and kept it stored in the back of my mind to read, mainly because it is titled after one of my favorite Billie Holliday songs, but also because it was the first book dealing with Black women and depression that I'd ever seen. After a recent bout of depression, my therapist loaned me the book from the counseling center's library. Too depressed to do the hundred other things that were begging to be done after that session, I started reading the book, finishing it in about a day because I just couldn't believe that there was someone else out there who was hurting the way I was for as long as I had been. I had to know how it all turned out for her. The book gave me hope. Meri's story is very similar to mine (save the alcoholism and single parenthood). Her story gave me hope, answered my questions about the effectiveness of drug therapy, and showed me that while depression can be a chronic illness, it is

not untreatable if one has courage and faith. I have been working a lot with some of the suggestions that she made in the book and have had a marked improvement in many areas of my life. I feel truly blessed to have read that book and I am grateful that Meri was humble enough to share her story with all of us sisters who have suffered in shame and silence. God bless her; God bless us.

Upon reading the first pages, I wanted to know where was the person who was mirroring my life. Our struggles have ran so parallel that if Meri were to hear my story, I am sure she would feel as if I had been living her life. I can't begin to share with anyone the horror of living with this dreadful disease, however Meri said it like I haven't heard or read anywhere before. The strength that she found to write this memoir is very characteristic of us, individuals who suffer with depression. We can often go deep inside and find the resources to rise to any occasion and muster up the will to live. We, then, are able to do things that others, who don't live day to day with this debilitating illness, can't or won't do. Yet they do not live with such a disease that robs you of your self esteem and motivation that others take for granted. I have often been envious of those who appear so**normal**. Meri, my sister, you have done us "proud". You have my humblest admiration and prayers that your life will be more than we can imagine.

I have been suffering from depression for longer than I care to admit. I grew up with a depressed mother who never sought help. I am about the same age as the author and have experienced many of the same things she has been through. I am still struggling with therapy, medications and trying to adjust to being a newly divorced single mom of a very sick little girl. I love to read and this is the first book I have read in a long time that I can truly relate to and find some hope for my future. I am so happy to know that I am not alone. I will try not to feel so guilty that I am not the strong black women that society has told me I need to be. This book has taught me that I am strong; strong enough to deal with this condition and keep moving forward.

As I thought about the title for my customer review, I tried to capture the essence of what this book meant to me. I just finished reading at about 6:00am and realized that I needed to find a way to pay homage to an incredibly brave, but even more compelling act of nurturing love that Meri Danguah unleashed to the world in her book debut. The book's cover photo is a precursing introduction to the love enveloped between the pages. Ms. Danquah's eyes peer out from a loving place of stability, forgiveness, hope, strength, selflove, honor, humility and a nurturing spirit of uncompromising depth and offering. Like the account she gives between the pages, her image confers to the beholder the

assurance that the spirit within you can always rise up in an healing and sweet triumph. Meri Danquah's story is a precious gift for all who recognize the powerful human will to survive but yet simultaneously reach out to honor that same powerful will in others. I read her account of childhood abuse and constant painful struggle sometimes with tearful acknowledgement and reflection and at other times I read with a admiring respect for the person she is and continues to become. As a first effort, there are many parts of the book which could have transitioned more smoothly and other elements of the story which deserved more development and attention. However, her writing talent is clearly evident and the ability to pierce the place where the written word causes something to happen within is deftly at her command. Like many do now and will in years to come, I thank Meri Danquah for loving and giving of herself so that others too may find peace and comfort in their ability to receive it. We have met at AGAPE, A Religious Center of Truth, and there I first glimpsed Meri Danquah's power to love and confer healing. I encourage her and I look forward to the good this first book will bring to her and many,many others to come.

I found this book in my college bookstore and couldn't put it down! I have been in therapy and on medication for many years and was able to relate to a lot of what Meri wrote about. It was refreshing to hear about depression in this format. I recommend this book for friends and family members of loved ones with depression, for all genders, races, nationalities, etc. who are or may be suffering from depression, and the professionals who work with them. Ms. Danquah does an excellent job describing a journey of pain, denial, discovery, acceptance, and empowerment.

I am a sophomore in college and I could never imagine before I read this book that there were others out there like me who have suffered through depression for a good part of their lives. I felt Meri's story as if it were me because I have felt all of the same emotions many times at some point or another. Willow Weep for Me is helping me to see that although I am at the place Meri was in the depth of her depression, I too will survive and get out of it. Thank you Meri, for giving a little of the courage I need to beat this.

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