



Black Pain: It Just Looks Like We re Not Hurting (Paperback)

By Terrie Williams

SIMON SCHUSTER, United States, 2009. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Terrie Williams knows that Black people are hurting. She knows because she s one of them. Terrie had made it: she had launched her own public relations company with such clients as Eddie Murphy and Johnnie Cochran. Yet she was in constant pain, waking up in terror, overeating in search of relief. For thirty years she kept on her game face of success, exhausting herself daily to satisfy her clients needs while neglecting her own. Terrie finally collapsed, staying in bed for days. She had no clue what was wrong or if there was a way out. She had hit rock bottom and she needed and got help. She learned her problem had a name -- depression -- and that many suffered from it, limping through their days, hiding their hurt. As she healed, her mission became clear: break the silence of this crippling taboo and help those who suffer. Black Pain identifies emotional pain -- which uniquely and profoundly affects the Black experience -- as the root of lashing out through desperate acts of crime, violence, drug and alcohol abuse, eating disorders, workaholism, and...



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Reviews

Very useful to all of group of folks. I could possibly comprehended every little thing using this created e book. You wont truly feel monotony at anytime of your time (that's what catalogs are for concerning in the event you ask me).

-- **Claire Carroll DVM**

This created book is wonderful. This is for all those who statte that there was not a worth reading. Your way of life span will likely be enhance as soon as you comprehensive looking at this publication.

-- **Jesse Yundt**