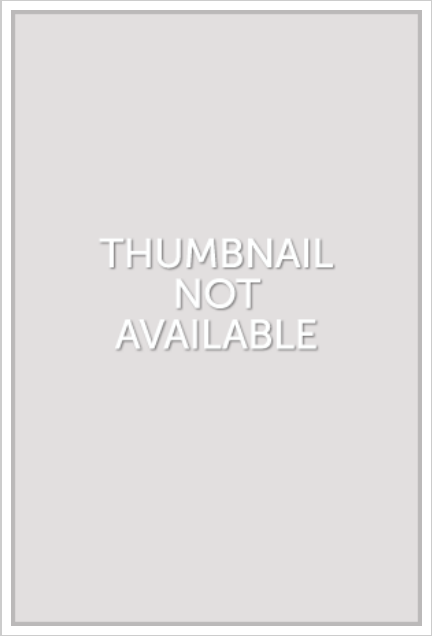

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Black Pain: It Just Looks Like We're Not Hurting

By Terrie Williams

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, Black Pain: It Just Looks Like We're Not Hurting, Terrie Williams, 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,...

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