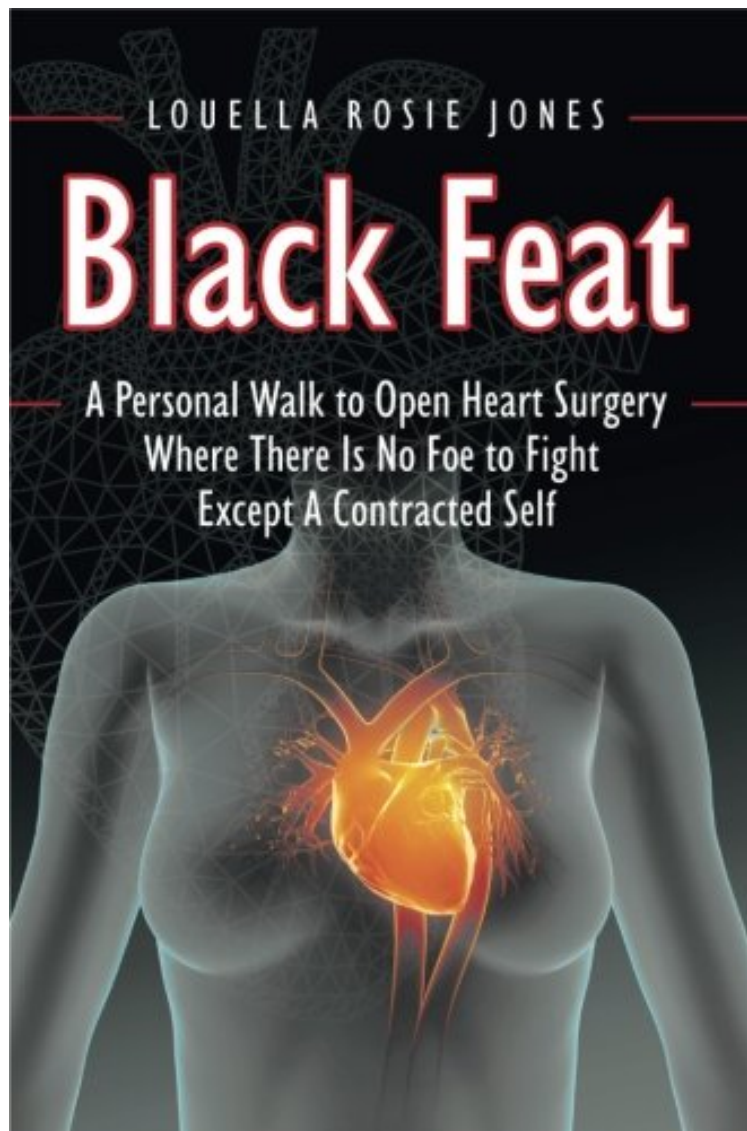


[Pdf free] Black Feat: A Personal Walk to Open Heart Surgery Where There Is No Foe to Fight Except A Contracted Self

Black Feat: A Personal Walk to Open Heart Surgery Where There Is No Foe to Fight Except A Contracted Self

Louella Rosie Jones

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Louella Rosie Jones : Black Feat: A Personal Walk to Open Heart Surgery Where There Is No Foe to Fight Except A Contracted Self before purchasing it in order to gage whether or not it would be worth my time, and all praised Black Feat: A Personal Walk to Open Heart Surgery Where There Is No Foe to Fight Except A Contracted Self:

1 of 1 people found the following review helpful. For those of us who value our lives and the lives of our loved ones and have access to quality health careBy william j. When I decided to read "Black Feat", as a white male, I did not expect to be transported into the consciousness of an African American woman and to witness the world through her eyes. She provides a reader with a distinctly different background the opportunity to experience empathy. The book reinforces the notion of why we should never judge another person until we have walked in their shoes. It is precisely this appreciation that will prevent us from preconceptions that may unduly influence us when we are faced with decisions that involve others. We expect such attitude from medical professionals who we entrust with our wellbeing. For those of us who value our lives and the lives of our loved ones and have access to quality health care, this book helps us to understand that this should be a right and not a privilege in the wealthiest nation in the world. This book will inspire those who encounter adversity in their lives (family separation, divorce, financial struggles, health issues, among others). It offers not only hope but confidence that they can not only endure but overcome hardships. I admire Ms. Jones for her courage, determination and persistence. Hopefully, her story will create greater awareness of the inequalities in our health care system and promote a more uniform, evenhanded administration of quality care for all.

1 of 1 people found the following review helpful. passion and faith from the author make this book an easy read. Her counsel is to NEVER give upBy noreencHumor, intellect, passion and faith from the author make this book an easy read. Her counsel is to NEVER give up, be diligent in your research and to build one another up with compassion and understanding. There is a positive energy that permeates through the chapters while she relates the many difficult challenges in her life. To listen to one another's life stories is the first step in making the necessary changes that need to come about in this world. The author shares the lessons learned while traversing a journey that would leave some feeling daunted and hopeless. Instead, she finds hope and promise in the future by urgently advising us that it is time to be students of heart healthy living and to be aware of the innate triggers and stresses of life that can crush the spirit. She is accessible, honest to a fault and inspiring. It has been quite a feat to relay her story with such style, grace and courage!

1 of 1 people found the following review helpful. An excellent resource for aspiring/current health care professionalsBy EvangelaAn excellent resource for aspiring/current health care professionals, one who suffers from past trauma, those with current struggles, and anyone looking for hope that healing is possible. I have confidence that many topics of relevance for Black women are not covered in cultural competency courses and certainly not in media. I found this book a provocative, compassionate account of the very real challenges and experiences of Black women and the imminent physical manifestation of stress. Thank you, Louella Rosie Jones, for this powerful work.

Caressing the spirit of African-American women both domestically and globally, *Black Feat*, through the power of story, offers a cultural perspective on medical impressions in black women and identifies duplicity in health care delivery. Based on the author's true events during various stages of her open heart surgery processes, *Black Feat* uncovers a larger conversation about hospital/ health systems abuse of power and indifference in terms of acceptance. It presents the theory that healthcare provider attitudes are direct affects of institutional life on people at those organizations funded largely by big Government. It reveals epistemology of disease from a biopsychosocial and spiritual lens posturing race and ethnicity as sacred variables. Anchored in the scriptures, *Black Feat* is upfront and introspective. It unzips deep psychological and corresponding physical deterioration that occurs when depression, anxiety, post-trauma stress, loss, and developmental disorganization are left unattended. It examines most factors linked to heart disease and underscores the importance of evaluating every organ system in the body, including the brain. *Black Feat* focuses on black women-what they go through, how they get through, how they can be better about certain matters of the heart, and how they can empower one another and thus enrich generations of young people to come.

About the AuthorLouella Rosie Jones received her Master's of Science in Counseling Psychology and mental health care from Pace University, New York. She holds New York State credentialing in alcoholism and substance abuse counseling, and was formerly a corporate real estate finance business and investments officer at JP Morgan/Chase. She is currently a writer, psychological services/mental health counselor, and entrepreneur. She has two adult daughters and currently lives upstate, New York.