



...the Mississippi Crying: A Collection of Poems and Stories of Healing

Michael J. Seaberry

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"...the Mississippi Crying" is a collection of poems and stories of healing written as responses to racial injustices dealt with in the Black community. Starting in 2005 with the response to Hurricane Katrina and ending with looking at our future as a Black community, this book examines the emotions, responses, and conversations that occurred after each incident within the Black community. Often times we are bombarded with issues of oppression in the United States and seldom take the time to work through the emotions or to work through the pain. Black bodies have been targeted for years and now that it has been exposed to public scrutiny we must take care of ourselves. This book is designed as a tool for healing through words. Mental health issues are real. Mental health issues need to be addressed.

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