



Black, Beautiful and "Bipolar?"

Myisha T Hill

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What's in a name? A name identifies a class, category, or thing that associates itself in a physical context. Thus creating self imposed societal stigmas or loss identity. Baby Daddies, welfare checks, and food stamps was not the dream she had for herself. This is the memoir of a black women's journey of self discovery breaking self imposed stigmas and walking into her destiny. Myisha T Hill is breaking her silence, sharing her story and speaking up against mental illness stigma for women of color.

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