

Therapists by Day Book Review

Black Feat by Louella Rosie Jones

All 294 pages of this book are written with humor, compassion and clarity about the authors' roller coaster ride of a life. She is open, honest and forthright with her struggles and one can glean her strength and sheer perseverance to survive. The book also reminds us of how important our heart (both spiritually and physically) is to our lives...to be examined and taken care of. A book well worth reading from a very bright local writer. - Dr. Michele Winchester-Vega

Louella Jones captivates her audience through an insightful and raw account of her journey through open heart surgery. A component of therapy is the use of empathy which begins with the ability to understand another person's perspective. Louella helps the reader build empathy by describing her life saving medical treatment from a black woman's perspective. This book adds to the resources available to develop empathy and cultural competency.

Her vulnerability to expose her fears as well as determination to advocate for herself inspires confidence in the reader. She illuminates a balance between personal diligence and reliance on faith to persevere. Jones will be a role model to every person who requires courage to overcome hardships.
- Elena Morales, LMHC

Transformation: we can all gain from changing our perspective and looking at things from another's point of view. In *Black Feat*, the readers experience from the standpoint of a black woman who undergoes open heart surgery. While the author stories center on health care, readers are also inspired by how she overcomes everyday adversities.

For those of us who have health insurance, this book makes it clear why quality health care should be extended to all. The author's journey is full of inequities, yet in the end leaves us with a feeling of hope, for both her and a system of healthcare in need of reform. - Kristen LoBianco, LMSW

At times the book is hard to follow as so many hardships are revealed. The part I found most helpful to the work I do as a therapist is understanding the plight of a black woman navigating our broken health care system. Clearly the author is resilient and has overcome many things and models for others tenacity. - Susan McVey, LCSW-R