



More Than Just Surviving Life: Healing and Growth for the Black and Brown Souls

Theodore Helvi'virr

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Depression, Low Self Esteem, Internalized and Systemic Racism, Relationships or Lack of Direction in life this book tackles all of them. More than just surviving life is about providing lasting and long term solutions to problems we face as people of color. How can someone understand your pain when they haven't faced or experienced it them selves? From fifteen to thirty this book is an insiders perspective on how to overcome both problems and pain so you can create for yourself a life worth living. More than just surviving life explores cause, effect and possible resolutions for children of the diaspora looking for answers. In the spirit of James Baldwin and social commentators of bygone eras more than just surviving life is an effort to inspire and evoke social and economic change. The book focuses on addressing the needs of the many by treating the mental, emotional and spiritual health of the one. * Gives detailed explanations on the how's and why's of emotional self control * Helps you to navigate through structuring your life for consistent improvement * Explores cause, effect and solutions of dealing with emotional trauma * Explains the methodology behind turning failures into motivation

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