

1. Record Nr.	UNINA9910798864203321
Autore	Baker William J (William Joseph), <1938->
Titolo	Of Gods and Games : Religious Faith and Modern Sports / / William J. Baker
Pubbl/distr/stampa	Athens, GA : , : University of Georgia Press, , 2016 Baltimore, Md. : , : Project MUSE, , 2017 ©2016
Edizione	[First [edition].]
Descrizione fisica	1 online resource (94 pages)
Collana	George H. Shriver lecture series in religion in American history ; ; No. 7
Disciplina	248.8/8
Soggetti	Athletes - Religious life Sports - Religious aspects Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Playing the God game: a tale of two Christian athletes -- Beyond the scoreboard: coaches tackling some tough issues -- Scribes and sportscasters: prophetic voices from the press box.

2. Record Nr.	UNINA9910825951503321
Autore	Walker, Reeda
Titolo	The unapologetic guide to Black mental health : navigate an unequal system, learn tools for emotional wellness, and get the help you deserve / / Reeda Walker, Na'im Akbar
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, , [2020] ©2020
ISBN	1-68403-415-9
Descrizione fisica	1 online resource (234 pages)
Disciplina	616.89008996073
Soggetti	African Americans - Mental health Self-help publications.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Contents -- Foreword -- CHAPTER 1. The Psychological Crisis Is Real: Let's Fight for Our Sanity Together -- PART 1: Recognize Serious Threats to Emotional Health and Life -- CHAPTER 2. What You Can Do If Death Seems Like the Best End to Pain -- CHAPTER 3. Poor Diet, Neglected Health, Addiction, and Low-key Suicide -- CHAPTER 4. The Anxiety and Depression Beneath It All -- CHAPTER 5. Racism Is Bad for You -- CHAPTER 6. Assimilating and Internalizing Racism -- PART 2: Reclaim Your Mind to Reclaim a Life Worth Living -- CHAPTER 7. Exploring and Expanding Meaningful Blackness -- CHAPTER 8. Making the Most of Your Spiritual Resourcefulness -- CHAPTER 9. Being Genuine About Needing Help Makes Getting Help Possible -- CHAPTER 10. How to Make "Therapy" Work, When You Need It -- CHAPTER 11. Apply New and Improved Tools to Overcome Stress -- CHAPTER 12. Claiming Your Truths Makes Change Possible -- Acknowledgments -- Notes -- About the Author.
Sommario/riassunto	There is an unaddressed Black mental health crisis in our world today. In <i>The Unapologetic Guide to Black Mental Health</i> , psychologist Reeda Walker offers a comprehensive guide to help African Americans combat stigma, increase awareness around mental illness, practice emotional wellness, and get the best care possible for Black people in an unequal system.

