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The Wellness Lounge – A Step Further

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May 04th 2015: Welcome to My Breakdown by Benilde Little

Welcome to My Breakdown by Benilde Little - will be our topic at The Wellness Lounge, A Step Further 9 a.m. E.S.T. Monday when host Desiree Watson welcomes guest Benilde Little to the show. Welcome to My Breakdown is a memoir about best-selling author, Benilde Little's loss of her mother and loss of her self as a writer, which plummeted her in to a pit of clinical depression. Writing in the courageous tradition of great female storytellers such as Alice Walker, Maya Angelou, Joan Didion, Pearl Cleage and Sista Souljah, Benilde doesn't hold back as she shares insights, inspiration, and intima

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Featured Guest



Benilde Little

Benilde Little is the bestselling author of the novels Good Hair, The Itch, Acting Out and Who Does She Think She Is? She has been featured in The New York Times, The Washington Post, Essence, Jet, People Magazine, Heart and Soul, More magazine, among many others. She has had numerous media appearances including NPR, the Today Show, and Tavis Smiley. The Go On Girl Book Club selected Good Hair as the best book of the year. Natalie Cole bought the film rights. Benilde's writing has appeared in numerous anthologies, including Honey Hush and About Face. She was a finalist for an NAACP Image Award. A former reporter for The Cleveland Plain Dealer, The Star Ledger, People and senior editor at Ess

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