



PLAYAWAY®
THE ALL-IN-ONE AUDIOBOOK

EARLY IN HIS CAREER, acclaimed actor Courtney B. Vance lost his father to suicide. Recently, his godson succumbed to the same fate. Both were quietly at risk, susceptible to the poor mental health outcomes prevalent within the Black community due to institutionalized racism, microaggressions, and stress caused by socioeconomic factors. For so long, we've been taught that strength means holding back tears and suppressing your feelings. Although talking about mental health is no longer the taboo it used to be, a vulnerable population has still been left out of the discussion: Black men.

In *The Invisible Ache*, Courtney B. Vance and esteemed psychologist and mental health champion Dr. Robin L. Smith (popularly known as "Dr. Robin") seek to change the conversation around mental health for Black men. Moving personal anecdotes from Vance's own most formative experiences are interwoven with professional expertise from Dr. Robin to create an exploration of identity, grief, relationships, and race.

An offering from two authors who care deeply about their community, *The Invisible Ache* is a vital and urgent response to the trauma that haunts so many Black boys and men, as well as a resource for those who love them and are committed to their overall health and welfare. This is a necessary guide for Black men who are navigating life's ups and downs, attempting to reclaim their mental well-being, and examining their broken pieces to find whole, full-hearted lives. Self-care is an act of revolution. It's time to revolutionize mental health in the Black community.

COURTNEY B. VANCE is an award-winning actor on stage, on film, and in television. His credits include historically noteworthy films and series such as *Hamburger Hill*, *The Hunt for Red October*, *The Preacher's Wife*, FX's *The People vs. OJ Simpson: American Crime Story*, and HBO's *Lovecraft Country*. He is co-founder of Bassett Vance Productions with his wife, Angela.

DR. ROBIN L. SMITH is a licensed psychologist and #1 bestselling author of *Lies at the Altar: The Truth about Great Marriages* and *Hungry: The Truth about Being Full*. She is a sought-after speaker, experienced media personality, ordained minister, and host of SiriusXM's *The Dr. Robin Show*. She holds a PhD in counseling psychology from Temple University and a master's degree from Eastern Baptist Theological Seminary.

READ BY THE AUTHORS



Running Time: Approx. 10 Hours • Unabridged

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THE INVISIBLE ACHE

COURTNEY B. VANCE & DR. ROBIN L. SMITH

WITH CHARISSE JONES

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