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One of the greatest myths we can tell ourselves is that we're alone. In a world of billions of people, and with the prevalence of social media, we can connect with more individuals than ever before. However, the same tools that unite us can be used to magnify the differences in our lives and others' that we view. During times of stress and suffering, seeing a person's smiling face, exciting travels, and with a group of friends can make people feel isolated. However, if you feel this way, know that you are not alone.

The revised printing of "Bottled Up Inside: African American Teens and Depression" is a needed guide for those who wish to encourage the youths in their lives, but aren't too sure which way to go about it. Rose Jackson-Beavers and Reverend Jermine D. Alberty dive into the epidemic that plagues teens, particularly in the Black community.

In 2003, the Center of Disease Control and Prevention estimated that every 4.5 hours an African American takes their life. To address this concern, "Bottled Up" tackles depression and breaks it down into comprehensive knowledge that can help one to identify if they or someone they love needs help, and how to get it. Jackson-Beavers and Alberty also encourage people to remove the stigma that comes from mental illness in the Black community and attempts to engage the reader into a judgment-free dialogue that might open their eyes to things that they might have been blind to before.

As the world continues to follow the path of technologically induced grouped isolation, it is essential to know that even behind the likes, thumbs ups, shares, and filters, no one is immune to the dangers of depression. The same person who is smiling the hardest in a picture could be the one who is crying the loudest behind closed doors. The numbers of those who suffer from depression is staggering, so know that if you are included in that percentage, you are not alone.

Jackson-Beavers is a veteran social services administrator and adult educator. She has written ten novels and published 34 authors with over 100 books in print from her publishing company Prioritybooks. She resides in Florissant, Missouri. She works with the faith-based community to reduce the stigma of mental illness.

Rev. Jermine Alberty has worked in the mental health field as an educator and trainer for 12 years and is a national trainer of Mental Health First Aid. He is Executive Director of Pathways to Promise and Senior Pastor of Bethel Baptist Church. Alberty has a Bachelor's degree in business management and a Master of Divinity degree. He resides in Columbia, Missouri.

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Editor's note: For more information about *Bottled Up Inside* or to schedule an interview with Jackson-Beavers, call Prioritybooks at 314-306-2972 or write to rosbeav03@yahoo.com. Jackson-Beavers and Alberty are available for book signings. You can purchase *Bottled Up Inside* from www.amazon.com, and www.barnesandnoble.com. An electronic photo of the authors will be provided upon request.