

JASON WILSON

Cry
Like
a
Man

FIGHTING *for* FREEDOM *from*
EMOTIONAL INCARCERATION

THE CONVICTION OF ESTES WRIGHT

No one is born hating another person because of the color of their skin, or his background, or his religion. People must learn to hate. And if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

Nelson Mandela, *Long Walk to Freedom*

NOTES

1. Billie Holiday, vocalist, "Strange Fruit," by Abel Meeropol, recorded April 20, 1939, single on Commodore Classics in Swing, Commodore Records, 78 rpm.
2. James E. Hair, "Son of a Slave," in *The Golden Thirteen: Recollections of the First Black Naval Officers*, ed. Paul Stillwell (Annapolis, MD: Bluejacket Books, 1993), chap. 10.

THE NEMESIS

Emotions are great servants but poor masters.

Kajana Cetshwayo

NOTE

1. Ben Cosgrove, "Detroit Burning: Photos from the 12th Street Riot, 1967," *Time*, July 22, 2012, <http://time.com/3638378/detroit-burning-photos-from-the-12th-street-riot-1967/>; Wendell Anthony, "Don't Be Afraid to Reflect on the Unrest of 1967," *Detroit Free Press*, May 4, 2017, www.freep.com/story/opinion/contributors/2017/05/04/detroit-riot-1967-anniversary/101292236/; Sidney Fine, "Rioters and Judges: The Response of the Criminal Justice System to the Detroit Riot of 1967," *Wayne Law Review* 33, no. 5 (1987): 1723.

A RECKLESS PURSUIT OF RESPECT

*To be one, to be united is a great thing. But to respect
the right to be different is maybe even greater.*

Bono

NOTE

1. Tupac Shakur, vocalist, “Hail Mary,” by Tupac Shakur, Young Noble, and Castro, released March 7, 1997, single on *The Don Killuminati: The 7 Day Theory*, Interscope Records, CD.

THE CRUCIBLE

God raises the warrior through hardship.

John Eldredge, *Fathered by God Participant's Guide*

NOTE

1. "America's Friendliest Towns," *Forbes*, accessed June 25, 2018, www.forbes.com/pictures/mhj45mdme/9-huntington-woods-mi/#4166659d3881.

EPILOGUE

No life manifests more beauty than the one who is broken! Stubbornness and self-love have given way to beauty in the one who has been broken by God.

Watchman Nee, *The Release of the Spirit*

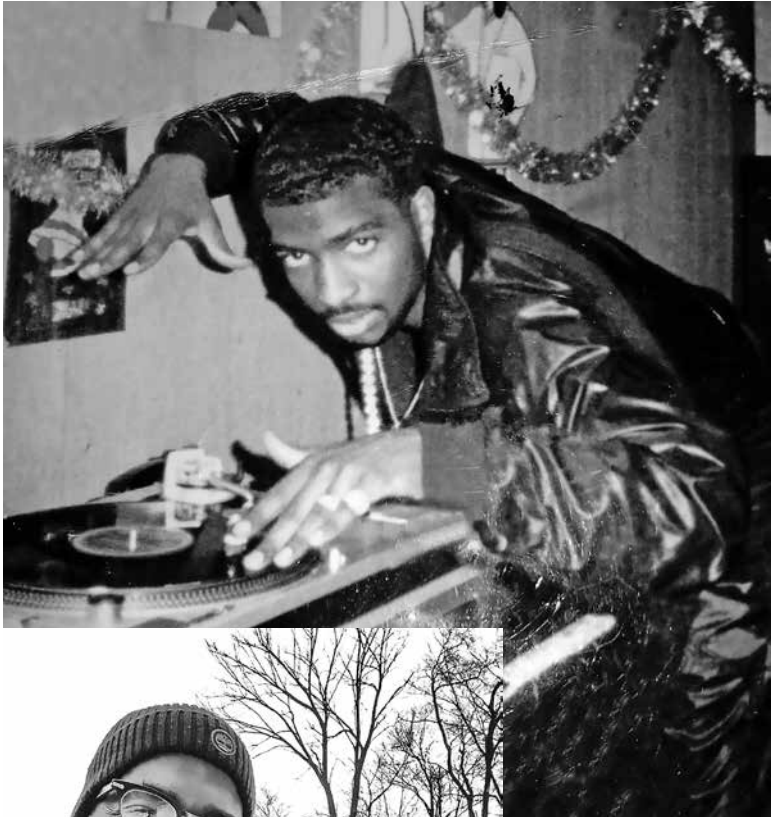
NOTE

1. “Breaking through Emotional Barriers,” July 26, 2016, YouTube video, 5:25, www.youtube.com/watch?v=ooAOc9Fwg0U.



I would love to hear my brother Larry play music, and sometimes I'd try to join him.

In my backyard at twelve years old trying my best to learn martial arts without a teacher.



Sixteen-year-old
Mystro on the flex!



The first love of my
life. Miss you Mama.



Here I'm pictured with my family after receiving the General Motors African Ancestry Network award for CATTa.



Teaching, training, and transforming boys, young men, and families in CATTa.