Why Are Health Disparities Everyone's Problem?

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I AM GRATEFUL, FIRST AND FOREMOST, TO GOD, with whom all things are possible. I feel blessed beyond belief to have the opportunity to experience a healthy life, loving and nurturing relationships, meaningful work, and the ability to give back to my community and to society.

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The African proverb “If you want to go fast, go alone. If you want to go far, go together” expresses a theme—the strengths of community and collaboration—that’s interwoven throughout this book. With the support of all the people mentioned...
here, I’ve aimed to use my life experiences and my training as a physician, and a public health, social, and behavioral scientist, to bring awareness, empathy, hope, and healing to others. This book shares a portion of that story.