

## **PVAMU WELCOMES ARTIST, ACTOR, AUTHOR AND ACTIVIST COMMON**

*Prairie View A&M is the only HBCU on the award-winning performer's multi-city book tour.*

**PRAIRIE VIEW, Texas** (Jan. 25, 2024) – Prairie View A&M University hosts a conversation with award-winning artist, actor, author, and activist Common. PVAMU is the only HBCU on a multi-city tour schedule.

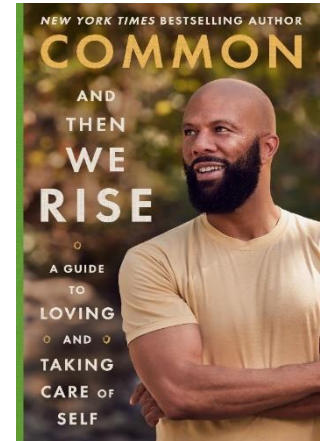
Common draws on his own experience of pursuing wellness as a crucial element of his success to present his comprehensive, accessible, and practical program for addressing personal wellbeing—including physical, mental, emotional, and spiritual health—and sharing it with our communities in **AND THEN WE RISE: A Guide to Loving and Taking Care of Self** (HarperOne; January 23, \$30).

Common's path of wellness began with food. "I wasn't always a person who drank green juice or thought about food as a pathway to elevation," he writes. "Totally the opposite! Back in the day, as a young man in Chicago, I loved French fries, fried chicken—really, anything fried and good that I could get my hands on."

But as he adopted a healthier diet and learned how to take care of his physical body, he realized that it blessed him mentally, emotionally, and spiritually as well. That's why **AND THEN WE RISE** is divided into four sections: **The Food, The Body, The Mind** and **The Soul**. In each, Common freely shares his own personal stories, examples, and best practices. He even includes recipes, tips on exercise, workout playlists, and a final list of questions to set anyone on a path toward greater self-care.

As Common fully acknowledges, he hasn't achieved his current state of wellness alone. He's had the benefit of seeking counsel and support from some of the best practitioners in each of the aspects of wellness, and one of the goals of his book is to share their expertise directly with his readers.

**AND THEN WE RISE** is written for everyone, but it is of special importance for Black Americans, who suffer from heart disease and cancer—the leading causes of death in our country—at far higher rates than other Americans, and at earlier ages. Indeed, he writes: "For Black women and Black men in America, self-care is a revolutionary act. The most fruitful and impactful human beings have had to have a certain love for self and taking care of self in order to go out and do the work they did. Those that forgot about it or strayed off that path got depleted at times. We all feel that. If you want to keep going, you've got to re-up. When you're working against dark forces, you've got to prepare yourself so that you can step forward with everything you've got."



**Event:** A Conversation with Common  
**Date:** Wednesday, Jan. 31, 2024|  
**Time:** 2 p.m.  
**Place:** William A. Tempton, Sr. Memorial Student Center  
**Opal Johnson Smith Auditorium**  
155 L.W. Minor Street, Prairie View, TX 77445

**PRAIRIE VIEW A&M UNIVERSITY**, founded in 1876, is the second oldest public institution of higher education in the state of Texas and the third largest Historically Black College/University (HBCU) in the nation. Designated as an “institution of the first class” in the Texas Constitution, the enrollment exceeds 9,000 students and over 80,000 graduates. PVAMU offers academic programs through its ten colleges and schools, boasting degree options leading to bachelor’s and doctoral-level degrees. A Carnegie-classified high-research (R2) University and a member of The Texas A&M University System, PVAMU is dedicated to fulfilling its land-grant mission of achieving excellence in teaching, research, and service. For more information, visit [www.pvamu.edu](http://www.pvamu.edu).

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