

Abject Poverty Parlayed to Prominent Accomplishment

A man's stance through life's overwhelming battlefield

DR. FRANK L. DOUGLAS

*Defining Moments
of a Free Man
from a Black Stream*



Pittsburg, Oct 23, 2019 (IssueWire.com) - A brilliantly chronicled memoir of a man born in extreme poverty but who eventually fought his way toward his dreams comes vividly illustrated in Dr. Frank L. Douglas' [*Defining Moments of a Free Man from a Black Stream*](#). The book addresses the seemingly never-ending racial issues and cultural oppression within educational institutions and different industries. The author narrates circumstantial accounts of how he struggled a manipulative society starting from his own family, and wrestled to meet the zenith of his success.

Dr. Frank L. Douglas was from British Guiana where he earned a Fulbright Scholarship. This opened doors for him to explore a new world of opportunities and a seemingly harsh culture which he courageously trudged through. He is now a successful contributor in the field of pharmaceuticals and healthcare; a veteran who aims to make human lives longer or better.

“His vibrant memoir will undoubtedly serve as a beacon of hope and a source of motivation to those of any race or nationality who seek a clear pathway upward,” shares Barbara Bamberger Scott of The US Review of Books.

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[Defining Moments of a Free Man from a Black Stream](#)

Written by Dr. Frank L. Douglas

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*Defining Moments
of a Free Man
from a Black Stream*

From growing up in poverty to developing drugs that fight diabetes, seizures, and cancer, Dr. Frank L. Douglas has lived a life based on values, hard work, and self-control. *Defining Moments of a Free Man from a Black Stream* is a reflection on the events and people that made him into the man he is.

In 1963, the year of the murder of Medgar Evers, Civil Rights marches, and the assassination of President John F. Kennedy, twenty-year-old Douglas arrived in the United States. A Fulbright scholar from British Guiana, Douglas studied engineering at Lehigh University, received his Ph.D. and M.D. from Cornell University, and did his Residency in Internal Medicine at Johns Hopkins. A curious and motivated young man from a colonial country struggling for independence, Douglas was shocked by the racism he received from white Americans and the cultural prejudice he received from black Americans. Struggling with his faith and identity, Douglas decided to control his own future through grit, hard work, and the road less travelled.

Intimate and honest, inclusive and searching, *Defining Moments of a Free Man from a Black Stream* is a memoir of self-determination and blazing your own path in a narrow-minded world.



Dr. Frank L. Douglas grew up in British Guiana with his mother and four siblings. His love of education earned him a Fulbright Scholarship and he came to America during the turbulent years of the 1960s. He worked at Ciba Geigy and Aventis, and was involved in pharmaceutical research for drugs that treat tuberculosis, arthritis, diabetes, seizures, cancer, and pulmonary embolism, among others.

Douglas has received the Global Pharmaceutical Research and Development Director of the Year Award in 2001 and 2004; the Lifetime Achievement Award from the National Organization for the Professional Advancement of Black Chemists and Chemical Engineers in 2002; the Black History Maker Award in 2007; the Geoffrey Beebe Foundation and GQ Magazine Rock Star of Science in 2010, and the Caribbean Heritage Award for Entrepreneurship in 2011.

Douglas wrote *Defining Moments of a Free Man from a Black Stream* in honor of all who helped him on his journey.



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