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Teaching My Mother How to Give Birth *Lightning Source Incorporated*

"Literary pointillism on a funky-out canvas."

bone *Penguin*

"yrsa daley-ward's bone is a symphony of breaking and mending. . . . she lays her hands on the pulse of the thing. . . . an expert storyteller. of the rarest. and purest kind." —nayyirah waheed, author of salt. From the celebrated poet Yrsa Daley-Ward, a poignant collection of

poems about the heart, life, and the inner self. Foreword by Kiese Laymon, author of *Heavy: An American Memoir*. Bone. Visceral. Close to. Stark. The poems in Yrsa Daley-Ward's collection bone are exactly that: reflections on a particular life honed to their essence—so clear and pared-down, they become universal. From navigating the oft competing worlds of religion and desire, to balancing society's expectations with the raw experience of being a woman in the world; from detailing the experiences of growing up as a first generation black British woman, to working through situations of dependence and abuse; from finding solace in the echoing caverns of depression and loss, to exploring the vulnerability and redemption in falling in love, each of the

raw and immediate poems in Daley-Ward's bone resonates to the core of what it means to be human. "You will come away bruised. You will come away bruised but this will give you poetry."

The Feeling May Remain *Akif Kichloo*

From despair comes loathing, from loathing comes solitude, from solitude comes wisdom, from wisdom comes growth, and from growth sprouts a new perspective on life. This is the core of *The Feeling May Remain*: The icebergs of pain, loss, and grief, submerged in the ocean of love, self-care, and healing. *The Feeling May Remain* brings the first substantial collection of Akif Kichloo's work to the public. The title *Feeling May Remain* can be interpreted as an adjective or as a short declarative

sentence, something to think about right away. Amidst the uncertainties of this amazing, terrible, magical, horrible yet beautiful life, as Akif puts it, his writing brings new perspectives to existence, with poems that range from cute and sexy to stark and dead serious, hence speaking in more than one way to the sensibilities of his readers from all over the globe.

swallowtail *SCB Distributors*

Swallowtail, a collection of poetry by Brenna Twohy is a deep dive into the dissection of popular culture, and how the brightness and horrors of it can be mirrors into the daily lived experiences of women in America.

Soft Magic

From Malawian storyteller Upile Chisala comes the revised and expanded edition of her debut book of poetry. *soft magic* is a collection of poetry and prose exploring the self, joy, blackness, gender, matters of the heart, the experience of Diaspora, spirituality, and above all, how we survive. *soft magic* is a shared healing journey.

The Terrible

A Storyteller's Memoir *Penguin*

Winner of the PEN Ackerley Prize • Longlisted for the 2019 PEN Open Book Award “Devastating and lyrical.” —The New York Times “Suspenseful and affecting.” —The New Yorker From the celebrated poet behind *bone*, a collection of poems that tells a story of

coming-of-age, uncovering the cruelty and beauty of the world, going under, and finding redemption Through her signature sharp, searing poems, this is the story of Yrsa Daley-Ward and all the things that happened. “Even the terrible things. And God, there were terrible things.” It’s about her childhood in the northwest of England with her beautiful, careworn mother Marcia; the man formerly known as Dad (half fun, half frightening); and her little brother Roo, who sees things written in the stars. It’s also about the surreal magic of adolescence, about growing up and discovering the power and fear of sexuality, about pitch-gray days of pills and powder and connection. It’s about damage and pain, but also joy. With raw intensity and shocking honesty, The

Terrible is a collection of poems that tells the story of what it means to lose yourself and find your voice. “You may not run away from the thing that you are because it comes and comes and comes as sure as you breathe.”

Milk and Honey *Andrews McMeel Publishing*

The book is divided into four chapters, and each chapter serves a different purpose. Deals with a different pain. Heals a different heartache. Milk and Honey takes readers through a journey of the most bitter moments in life and finds sweetness in them because there is sweetness everywhere if you are just willing to look.

Preparing My Daughter for Rain

: Notes on How to Heal and Survive.

CreateSpace

A book of lessons dedicated to our daughters and future daughters, on how to survive.

Bless the Daughter Raised by a Voice in Her Head

Poems *Random House*

Poems of migration, womanhood, trauma, and resilience from the celebrated collaborator on Beyoncé's *Lemonade* and *Black Is King*, award-winning Somali British poet Warsan Shire "The beautifully crafted poems in this collection are fiercely tender gifts."—Roxane Gay, author of *Bad Feminist* "Shire is the real thing—fresh, cutting, indisputably alive."—Dwight

Garner, *The New York Times* Mama, I made it / out of your home / alive, raised by / the voices / in my head. With her first full-length poetry collection, Warsan Shire introduces us to a young girl, who, in the absence of a nurturing guide, makes her own way toward womanhood. Drawing from her own life, as well as pop culture and news headlines, Shire finds vivid, unique details in the experiences of refugees and immigrants, mothers and daughters, Black women and teenage girls. In Shire's hands, lives spring into fullness. This is noisy life, full of music and weeping and surahs and sirens and birds. This is fragrant life, full of blood and perfume and shisha smoke and jasmine and incense. This is polychrome life, full of henna and moonlight and lipstick and turmeric and

kohl. The long-awaited collection from one of our most exciting contemporary poets, this book is a blessing, an incantatory celebration of resilience and survival. Each reader will come away changed.

Idiot Verse *eBook Partnership*

Combining whimsical illustrations with poems of love, humour and celebration of the ups and downs of being a touring recording artist, *Idiot Verse* is a delightful book in the tradition of Leonard Cohen and John Lennon. It's a singer-songwriter's notebook to himself, and the world, and sure to impress fans especially, of which Henson has many.

The How

Notes on the Great Work of Meeting Yourself *Penguin*

From the acclaimed poet behind *bone*, an exploration of how we can meet our truest selves, the ones we've always been meant to become. Yrsa Daley-Ward's words have resonated with hundreds of thousands of readers--through her books of poetry and memoir, *bone* and *The Terrible*; through her writing for Beyoncé on *Black Is King*; and through her always illuminating Instagram posts. Now, in *The How*, Yrsa encourages readers to begin, as she puts it, the great work of meeting ourselves. This isn't the self we've built up in response to our surroundings, or the self we manufacture to please the people around us, but instead, our most intimate self, the one we visit in dreams,

the one that calls to us from a glimmering future. With a mix of short lyrical musings and her signature stunning poetry, Yrsa gently takes readers by the hand, encouraging them to join her as she explores how we can remove our filters, and see and feel more of who we really are behind the preconceived notions of propriety and manners we've accumulated with age. With a beautiful design and intriguing meditations, *The How* can be used to start conversations, to prompt writing, to delve deeper--whether you're solo, or with friends, on your feet or writing from the solace of home.

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defies words, embodying the pain, the passion, and the power of love rising from the depths of our souls. Ijeoma Umebinyuo's poetry is a flower that will blossom in the spirit of every reader as she shares her heart with raw candor. From lyrical lushness to smoky sensuality to raw truths, this tome of transforming verse is the book every woman wants to write but can't until the broken mirrors of their lives have healed. In this gifted author's own words-"I am too full of life to be half-loved." A bold celebration of womanhood.

The Chaos of Longing *Andrews McMeel Publishing*

Organized in four sections - Inception, Longing, Chaos, and Epiphany - K.Y. Robinson's debut poetry collection

explores what it is to want in spite of trauma, shame, injustice, and mental illness. It is one survivor's powerful testimony, and a love letter "to those who lie awake burning."

Art-Write

Crafting Effective Artist Statements and Promotional Materials: the Writing Guide for Visual Artists

Luminare Press

Practical information for artists trying to sell their work. Formatted in a workbook style with fill exercises and examples.

Tell Me Where It Hurts: Poems *Rogue Books*

I can feel it in my roots; I gave birth, in a nightmare, to unlovable things. They

breed in my belly; tiny birthdays, every day. I am the undead mother to every single bit of black in this skin prison my lovers have choked on. Bestselling author J.R. Rogue returns with her second volume of poetry, *Tell Me Where It Hurts*, a raw, heartbreaking, and honest glimpse into the demons she has faced in her 33 years.

Nectar

From beloved Malawian storyteller Upile Chisala comes the revised and expanded edition of her second collection of poetry. In *nectar*, Chisala guides readers through a beautiful process of growth and renewal. These poems celebrate our always complex, sometimes troubled roots while encouraging us to grow through and beyond them toward a

passionate self-love. Chisala's hope is that her words will encourage readers to sow seeds of change in their own lives and the lives of others.

The Sun and Her Flowers *Andrews McMeel Publishing*

Divided into five chapters and illustrated by Kaur, the sun and her flowers is a journey of wilting, falling, rooting, rising, and blooming. A celebration of love in all its forms. this is the recipe of life said my mother as she held me in her arms as i wept think of those flowers you plant in the garden each year they will teach you that people too must wilt fall root rise in order to bloom

Flowers on the Moon *Andrews McMeel Publishing*

Social media sensation Billy Chapata shares insight and advice into the powerful world of love, heartbreak, and what comes next. This collection of poetry and prose will justify heartache and inspire the fortitude to survive and prosper. From Chameleon Aura author Billy Chapata comes his second major poetry collection, *Flowers on the Moon*. Chapata presents his signature blend of experience and advice through a chaptered series of prose and poetry. Filled with the familiar themes of love, loss, resilience, and growth From Chameleon Aura but with fresh poems and new advice, his touching narrative celebrates humanity for its undeniable worth, and this collection will leave readers warm with hope for growth, rebirth, and, most prominently, self-

acceptance.

Her Blue Body *Flipped Eye Publishing Limited*

Through her role as London's first Young Poet Laureate, Warsan Shire turned her eye to the city, interrogating the capital and its continuing transformation, even while lending voice to its oft unheard or under-represented communities and spaces. Collecting work authored during Shire's tenure, 'Her Blue Body' stands as testament and witness, negotiating the complexities of heritage, cultural sensitivity, sensuality, trauma and womanhood, framed and ordered by a sequence of memorial poems, focused through the lens of Shire's intimate and unflinching vision.

Poems from East Africa *East African Publishers*

The spirit of the poetic flowering of the 1960s is encapsulated in this comprehensive anthology. The collection gives voice to some fifty poets from Kenya, Uganda and Zambia, writing in English. The diversity of the interests and styles of the individual poets is illustrated: a blend of the gentle lyricism that is a feature of East African writing. All the major poets are included, and many not so well known. Amongst the best known are Jared Angira, Jonathan Kariara, Joseph Kariuki, Taban Lo Liyong, Okot p'Bitek, and David Rubadiri - one of the editors.

She Must Be Mad *HarperCollins UK*
'Brave and beautiful.' *Stylist Magazine*

'Social media's answer to Carol Ann Duffy' Sunday Times STYLE 'Divine.'
Cecelia Ahern

The Poetry Deal *City Lights Publishers*

The first full-length collection of new poems in decades from San Francisco's groundbreaking feminist Beat poet.

Where Do You Go Alone
Independently Published

Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero

and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there - on a mote of dust suspended in a sunbeam. - Carl Sagan, "Pale Blue Dot" In 1977, Voyager I was sent into interstellar space on a mission to reach a star 17.6 light-years from Earth. Included on the spacecraft was the Golden Record, or planet Earth's musical "message in a bottle", consisting of sounds and images selected to represent the life and diversity of our planet. The music chosen to be on this interstellar mixtape was handpicked by

Carl Sagan and includes the likes of Guan Pinghu, Louis Armstrong, and Blind Willie Johnson. When I first listened to this record, one particular song which stood out for me among the rest was written by a singer from a remote hilly village in the heart of Goa known as Kesarbai Kerkar - a woman whose legacy on Earth has literally "crumbled to dust", while her voice still lives on far away among the stars. Kesarbai's raga, "Jaat kahan ho, akeli gori" was launched into space the same year she died. A billion years from now, when the Earth is nothing but dust, her voice will serve as a reminder among the debris: The universe wastes nothing. What is lost is never truly gone, it is taken back. What we create now will live beyond our own years. This grief is only temporary.

Divided into five chapters named after the different full moons, this book is meant to represent the cycles within each one of us. Given the chance to do it all again, relive all the love, grief, joy and heartache of being alive--would you take it? Eventually, we will all be embedded among the stars. This is my "message in a bottle" to the universe. -- pavana reddy pavanareddy.com

Counting Descent *SCB Distributors*

Black Harvard Doctorate in Poetics launches poetry that explores modern blackness. Clint Smith's debut poetry collection, *Counting Descent*, is a coming of age story that seeks to complicate our conception of lineage and tradition. Smith explores the cognitive dissonance that results from belonging to a

community that unapologetically celebrates black humanity while living in a world that often renders blackness a caricature of fear. His poems move fluidly across personal and political histories, all the while reflecting on the social construction of our lived experiences. Smith brings the reader on a powerful journey forcing us to reflect on all that we learn growing up, and all that we seek to unlearn moving forward.

- Winner, 2017 Black Caucus of the American Library Association Literary Award
- Finalist, 2017 NAACP Image Awards
- 2017 'One Book One New Orleans' Book Selection

Essential Bukowski

Poetry *HarperCollins*

Edited by Abel Debritto, the definitive collection of poems from an influential writer whose transgressive legacy and raw, funny, and acutely observant writing has left an enduring mark on modern culture. Few writers have so brilliantly and poignantly conjured the desperation and absurdity of ordinary life as Charles Bukowski. Resonant with his powerful, perceptive voice, his visceral, hilarious, and transcendent poetry speaks to us as forcefully today as when it was written. Encompassing a wide range of subjects—from love to death and sex to writing—Bukowski's unvarnished and self-deprecating verse illuminates the deepest and most enduring concerns of the human condition while remaining sharply aware of the day to day. With his acute eye for

the ridiculous and the troubled, Bukowski speaks to the deepest longings and strangest predilections of the human experience. Gloomy yet hopeful, this is tough, unrelenting poetry touched by grace. This is Essential Bukowski.

Fairytales for Lost Children *Angelica Entertainment Limited*

FAIRYTALES FOR LOST CHILDREN is narrated by people constantly on the verge of self-revelation. These characters - young, gay and lesbian Somalis - must navigate the complexities of family, identity and the immigrant experience as they tumble towards freedom. Set in Kenya, Somalia and South London, these stories are imbued with pathos, passion and linguistic playfulness, marking the arrival of a

singular new voice in contemporary fiction. Praise for FAIRYTALES FOR LOST CHILDREN: 'Fantastic writing. I am most highly impressed. I've read some of the stories more than once and saw in each of them plenty of talent everywhere - in every sinew and vein.' - NURUDDIN FARAH 'There is nothing more humbling than good writing except when the author is fiercely beautiful and ferociously generous of heart. That Diriye Osman should possess so much talent is only fair in light of his goodness. Read this book.' - MESHELL NDEGEOCELLO -The characters in these fairy tales are displaced in multiple, complicated ways. But Osman's storytelling creates a shelter for them; a warm place which is both real and imaginary, in which they find political,

sexual, and ultimately psychic liberation.' - ALISON BECHDEL 'East Africa. South London. Queer. Displaced. Mentally Ill. My excitement over Osman and his writing comes, in part, out of delight at the impossibility of categorisation.' - ELLAH ALLFREY The Telegraph

Neon Soul

A Collection of Poetry and Prose *Andrews McMeel Publishing*

Alexandra Elle writes frankly about her experience as a young, single mother while she celebrates her triumph over adversity and promotes resilience and self-care in her readers. This book of all-new poems from the beloved author of *Words From A Wanderer* and *Love In My*

Language is a quotable companion on the road to healing.

Chameleon Aura *Andrews McMeel Publishing*

Chameleon Aura presents a harmonious blend of experience and advice through a chaptered series of prose and poetry that focuses on shared experiences in love and loss. Emboldened words and phrases capture the essence of the author's message and distinguish his unique style. Chapata's touching narrative celebrates humanity for their biological resilience and undeniable worth. This collection leaves readers warm with hope for growth, rebirth, and, most prominently, self-acceptance.

The Great Railroad Revolution

The History of Trains in America

PublicAffairs

America was made by the railroads. The opening of the Baltimore & Ohio line--the first American railroad--in the 1830s sparked a national revolution in the way that people lived thanks to the speed and convenience of train travel. Promoted by visionaries and built through heroic effort, the American railroad network was bigger in every sense than Europe's, and facilitated everything from long-distance travel to commuting and transporting goods to waging war. It united far-flung parts of the country, boosted economic development, and was the catalyst for America's rise to world-power status. Every American town, great or small, aspired to be connected to a railroad

and by the turn of the century, almost every American lived within easy access of a station. By the early 1900s, the United States was covered in a latticework of more than 200,000 miles of railroad track and a series of magisterial termini, all built and controlled by the biggest corporations in the land. The railroads dominated the American landscape for more than a hundred years but by the middle of the twentieth century, the automobile, the truck, and the airplane had eclipsed the railroads and the nation started to forget them. In *The Great Railroad Revolution*, renowned railroad expert Christian Wolmar tells the extraordinary story of the rise and the fall of the greatest of all American endeavors, and argues that the time has come for America to

reclaim and celebrate its often-overlooked rail heritage.

What We Lose

A Novel *Penguin*

A National Book Foundation 5 Under 35 Honoree NBCC John Leonard First Book Prize Finalist Aspen Words Literary Prize Finalist Named a Best Book of the Year by Vogue, NPR, Elle, Esquire, BuzzFeed, San Francisco Chronicle, Cosmopolitan, The Huffington Post, The A.V. Club, The Root, Harper's Bazaar, Paste, Bustle, Kirkus Reviews, Electric Literature, LitHub, New York Post, Los Angeles Review of Books, and Bust "The debut novel of the year." —Vogue "Like so many stories of the black diaspora, *What We Lose* is an examination of haunting."

—Doreen St. Félix, *The New Yorker* "Raw and ravishing, this novel pulses with vulnerability and shimmering anger." —Nicole Dennis-Benn, *O, the Oprah Magazine* "Stunning. . . . Powerfully moving and beautifully wrought, *What We Lose* reflects on family, love, loss, race, womanhood, and the places we feel home." —Buzzfeed "Remember this name: Zinzi Clemmons. Long may she thrill us with exquisite works like *What We Lose*. . . . The book is a remarkable journey." —Essence From an author of rare, haunting power, a stunning novel about a young African-American woman coming of age—a deeply felt meditation on race, sex, family, and country Raised in Pennsylvania, Thandi views the world of her mother's childhood in Johannesburg as both impossibly distant

and ever present. She is an outsider wherever she goes, caught between being black and white, American and not. She tries to connect these dislocated pieces of her life, and as her mother succumbs to cancer, Thandi searches for an anchor—someone, or something, to love. In arresting and unsettling prose, we watch Thandi's life unfold, from losing her mother and learning to live without the person who has most profoundly shaped her existence, to her own encounters with romance and unexpected motherhood. Through exquisite and emotional vignettes, Clemmons creates a stunning portrayal of what it means to choose to live, after loss. An elegiac distillation, at once intellectual and visceral, of a young woman's understanding of absence and

identity that spans continents and decades, *What We Lose* heralds the arrival of a virtuosic new voice in fiction.

Tears of Mermaids

The Secret Story of Pearls *St. Martin's Press*

A round, luminescent pearl is the simplest and most perfect gem. Columbus sought—and found—this precious jewel coveted by his Spanish sovereigns, sparking popularity throughout Europe. Fashion icons Jacqueline Kennedy, Princess Grace, and Michelle Obama cherished them, making them iconic. And designer Coco Chanel raised them to new heights, bringing pearls—fake and real—to women everywhere. In *Tears of Mermaids*,

Stephen G. Bloom travels 30,000 miles in an effort to trace a single pearl—from the moment a diver off the coast of Australia scoops an oyster containing a single luminescent pearl from the ocean floor to the instant a woman fastens the clasp of a strand containing the same orb. Bloom chronicles the never-before-told saga of the global pearl trade by gaining access to clandestine outposts in China, the Philippines, French Polynesia and Australia. He infiltrates high-tech pearl farms guarded by gun-toting sentries, farms for pearls in rural China, and even goes backstage at Christie's for a fast and furious auction of the most expensive pearl ever sold. Teeming with rogue humor and uncanny intelligence, *Tears of Mermaids* weaves a nonstop detective story whose main character is

the world's most enduring jewel.

Udaari

Vinati's first collection of poems 'Udaari' is an unbridled downpour of love, madness, chaos and calm that gradually sweeps in at the end. It revolves around the theme of self-love and how empowering it is to let ourselves grow even if it means breaking into shards and picking up the pieces to heal with more mettle. The word 'Udaari' has been taken graciously from her native language Punjabi. It means to fly, to spread the wings and take a leap, a quiet soar against the wind. When you want to quieten the clatter of this world, pick up this book and immerse yourself. Udaari will keep you safe.

Poems About Summer *The Rosen Publishing Group, Inc*

From colorful flowers soaking up the sunshine to fireflies shimmering in the dark, the natural world is bursting with life in the dreamy season of summer. This enchanting time of year is almost too beautiful for words, but the poems of this charming collection succeed in capturing the essence of summer fun. Readers will gain an appreciation for the power of poetry as they explore this wide range of summery poems. Charming illustrations enrich the text and captivate readers. They'll learn about important literary and poetic devices while having fun. Even reluctant readers will appreciate the humorous moments and beautiful language of this thoughtful collection.

No Matter the Wreckage *SCB Distributors*

Top selling poet Sarah Kay releases her debut collection of work from the first decade of her career. Following the success of her breakout poem, "B," *No Matter the Wreckage* presents readers with new and beloved work that showcases Kay's skill for celebrating family, love, travel, history, and unlikely love affairs between inanimate objects ("Toothbrush to the Bicycle Tire"). Both fresh and wise, Kay's poetry allows readers to join in on her journey of discovering herself and the world around her. - 2011 TED speaker (recording has been viewed 3 million times online) - First book, "B" was ranked #1 Bestselling Poetry Book on Amazon - Featured on HBO, American Public Radio,

Huffington Post, CNN.com, etc. - Founder and Co-Director of Project VOICE

Love & Misadventure *Andrews McMeel Publishing*

The journey from love to heartbreak to finding love again is personal yet universal. Lang Leav's evocative love poetry speaks to the soul of anyone who is on this journey. Leav has an unnerving ability to see inside the hearts and minds of her readers. Her talent for translating complex emotions with astonishing simplicity has won her a cult following of devoted modern poetry fans from all over the world. Forget the dainty, delicate love poems of yore; these little poems pack a mighty punch. Lang Leav is a poet and internationally exhibiting artist. Her work expresses the intricacies

of love and loss. *Love & Misadventure* is her first poetry collection.

How Lovely the Ruins

Inspirational Poems and Words for Difficult Times *Random House*

This wide-ranging collection of inspirational poetry and prose offers readers solace, perspective, and the courage to persevere. In times of personal hardship or collective anxiety, words have the power to provide comfort, meaning, and hope. The past year has seen a resurgence of poetry and inspiring quotes—posted on social media, appearing on bestseller lists, shared from friend to friend. Honoring this communal spirit, *How Lovely the Ruins* is a timeless collection of both

classic and contemporary poetry and short prose that can be of help in difficult times—selections that offer wisdom and purpose, and that allow us to step out of our current moment to gain a new perspective on the world around us as well as the world within. The poets and writers featured in this book represent the diversity of our country as well as voices beyond our borders, including Maya Angelou, W. H. Auden, Danez Smith, Rumi, Emily Dickinson, Naomi Shihab Nye, Alice Walker, Adam Zagajewski, Langston Hughes, Wendell Berry, Anna Akhmatova, Yehuda Amichai, and Robert Frost. And the book opens with a stunning foreword by Elizabeth Alexander, whose poem “Praise Song for the Day,” delivered at the inauguration of President Barack

Obama, ushered in an era of optimism. In works celebrating our capacity for compassion, our patriotism, our right to protest, and our ability to persevere, *How Lovely the Ruins* is a beacon that illuminates our shared humanity, allowing us connection in a fractured world. Includes poetry, prose, and quotations from: Elizabeth Alexander • Marcus Aurelius • Karen Armstrong • Matthew Arnold • Ellen Bass • Brian Bilston • Gwendolyn Brooks • Elizabeth Barrett Browning • Octavia E. Butler • Regie Cabico • Dinos Christianopoulos • Lucille Clifton • Ta-Nehisi Coates • Leonard Cohen • Wendy Cope • E. E. Cummings • Charles Dickens • Mark Doty • Thomas Edison • Albert Einstein • Ralph Ellison • Kenneth Fearing • Annie Finch • Rebecca Foust • Nikki Giovanni •

Stephanie Gray • John Green • Hazel Hall • Thich Nhat Hanh • Joy Harjo • Václav Havel • Terrance Hayes • William Ernest Henley • Juan Felipe Herrera • Jane Hirshfield • John Holmes • A. E. Housman • Bohumil Hrabal • Robinson Jeffers • Georgia Douglas Johnson • James Weldon Johnson • Paul Kalanithi • Robert F. Kennedy • Omar Khayyam • Emma Lazarus • Li-Young Lee • Denise Levertov • Ada Limón • Henry Wadsworth Longfellow • Nelson Mandela • Masahide • Khaled Mattawa • Jamaal May • Claude McKay • Edna St. Vincent Millay • Pablo Neruda • Anaïs Nin • Olga Orozco • Ovid • Pier Paolo Pasolini • Edgar Allan Poe • Claudia Rankine • Adrienne Rich • Rainer Maria Rilke • Alberto Ríos • Edwin Arlington Robinson • Eleanor Roosevelt • Christina Rossetti

• Muriel Rukeyser • Sadhguru • Carl Sandburg • Vikram Seth • Charles Simic • Safiya Sinclair • Effie Waller Smith • Maggie Smith • Tracy K. Smith • Leonora Speyer • Gloria Steinem • Clark Strand • Wisława Szymborska • Rabindranath Tagore • Sara Teasdale • Alfred, Lord Tennyson • Vincent van Gogh • Ocean Vuong • Florence Brooks Whitehouse • Walt Whitman • Ella Wheeler Wilcox • William Carlos Williams • Virginia Woolf • W. B. Yeats • Saadi Youssef • Javier Zamora • Howard Zinn

the princess saves herself in this one *Andrews McMeel Publishing*

From Amanda Lovelace, a poetry collection in four parts: the princess, the damsel, the queen, and you. The first three sections piece together the life of

the author while the final section serves as a note to the reader. This moving book explores love, loss, grief, healing, empowerment, and inspiration. the princess saves herself in this one is the first book in the "women are some kind of magic" series.

7 Strokes in 7 Days

Quick and Easy Break-Through Mental Training That Will Revolutionize Your Golf Game and Life *Balboa Press*

Dawn Grant knows what you want. As a professional mental trainer and hypnotist who has had a successful private practice since 2001; she has a profound understanding of the human psyche, altered states of consciousness,

and how to train people in the best use of their mind for optimal performance. 7 Strokes In 7 Days is full of concrete, specific, "secret-weapon" techniques that have helped every-day athletes globally, as well as those credentialed in: Olympics, Hall-of-Fame, World Championships, PGA TOUR, LPGA, Web.com TOUR, IJGA, USA Shooting, ISSF, PSCA, USA Sporting Clays Team, WBA, Ironman, and NCAA. Training that helped Vijay Singh to win the 2008 FedEx Cup Championship, and her PGA TOUR Pro clients to have an average increase in earnings of 219%. In 7 Strokes In 7 Days you are guided through a simple, step-by-step process with clear, concise, time-proven skills that'll train you out of the limitations of your mind, and into mind mastery. You

will improve your golf game by: focusing better, letting go, having a quiet mind, performing as well as you practice, feeling calm under pressure, being more consistent, feeling more confident, trusting yourself, trusting your mechanics, feeling you've done your best, seeing improvement in your scores, and actually having fun golfing again! You will truly get past the most common mental problems that keep you from being your best and from playing great golf: worry, fear, doubts, regrets,

anxiety, over-thinking, anger, expectations, trying too hard, wandering mind, and lack of focus. 7 Strokes In 7 Days takes you where other "experts" fall short. It teaches you how to unlock your true potential, accelerate performance and improve your life. Your optimal state of performance, The Zone State, will no longer be elusive to you. As an added bonus with this book you get this life changing tool for free: 20 Minute Hypnosis For Transformation MP3