



101 Poems That Could Save Your Life: An Anthology of Emotional First Aid

Daisy Goodwin

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Prozac has side effects, drinking gives you hangovers, therapy's expensive. For quick and effective relief -- or at least some literary comfort -- from everyday and exceptional problems, try a poem. Over the ages, people have turned to poets as ambassadors of the emotions, because they give voice and definition to our troubles, and by so doing, ease them. No matter how bad things get, poets have been there, too, and they can help you get over the rough spots.

This is the first poetry anthology designed expressly for the self-help generation. The poems listed include classics by Emily Dickinson, Lord Byron, Ogden Nash, and Lucretius, to name just a few, along with newer works by such current practitioners as Seamus Heaney and Wendy Cope. This book has a cure or consolation for nearly every affliction, ancient or modern. And no side effects-except pleasure.

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The book 101 Poems That Could Save Your Life: An Anthology of Emotional First Aid has a lot associated with on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. Tom makes some research previous to write this book. This kind of book very easy to read you will get the point easily after reading this article book.

Michelle Chase:

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