

Access Free Vigil The Poetry Of Presence Pdf For Free

Poetry of Presence Breathe and Be Exploring Poetry of Presence Latin American Poetry The Poetry of Impermanence, Mindfulness, and Joy Vigil A Book of Luminous Things: An International Anthology of Poetry For the Sake of One We Love and Are Losing The Dharma of Poetry Nebraska Presence Amen In the Presence of Absence Teaching with Heart Thinking Its Presence Soul Food Corpse Whale Mindfulness The Poetry Pharmacy Persian Presence in Victorian Poetry R. S. Thomas Book of Songs (Shi-Jing) The Peace of Wild Things Talking to the Dead Media Poetry Hearing God in Poetry The Unmistakable Presence of Absent Humans Poems of Earth and Spirit The First Woman Clarity & Connection In the Cairngorms The Other Tiger The Longing in Between Dearly Of Poetry and Protest: From Emmett Till to Trayvon Martin A Maze Me 24 Pages and Other Poems Poetic Presence and Illusion Poetry of Presence The 150 Most Famous Poems Duncce

A stunning meditative poem that will help you say what you want to say when someone you love is dying. Read it for solace. Use it as a keepsake journal, attaching photographs, jotting down reminiscences and reflections. Share it during gatherings of farewell and remembrance. Offer it as a gift of compassion. However you choose to use it, may it bring you consolation. Over 125 poetic

companions, from Basho to Billy Collins, Saigyó to Shakespeare. Over 125 poetic companions, from Basho to Billy Collins, Saigyó to Shakespeare. The Poetry of Impermanence, Mindfulness, and Joy received the Spirituality & Practice Book Award for 50 Best Spiritual Books in 2017 by Spirituality and Practice Website. The author explores poetry as a spiritual practice with example poems from contemporary and historical poets, particularly as they relate to Buddhism. Includes meditations on poems and writing prompts for readers to experiment with on their own. Hearing God in Poetry is a lovely Lent book for 2022 from Richard Harries, that reflects on how some of the best-loved poems in the English language communicate a sense of God's presence. Ranging from Rumi, Kabir and Blake, to Rilke, Emily Dickinson and Paul Celan, this wide-ranging selection includes contemporary poets such as Jane Hirshfield, Denise Levertov, Thomas Merton and Mary Oliver, as well as by many lesser-known writers from all periods and places. The anthology opens with a series of poems on human life and spiritual sustenance, starting with Rumi: --This being human is a guest house. / Each morning a new arrival--The poems which follow explore many ways of keeping body and soul together, offering food for thought on knowing yourself, living with nature, who or what is God ... All are universal illuminations of the meaning of life, speaking to readers of all faiths as well as to searchers and non-believers. This electronic version has been made available under a Creative Commons (BY-NC-ND) open access license. Christopher Morgan writes with keen critical insight on the controversial poet R. S. Thomas, considered to be one of the leading writers of the twentieth century. This is the first book to treat Thomas's entire oeuvre and will prove to be an indispensable guide and companion to the complete poems. The book is divided into three parts, each of which interprets the development of a major theme over Thomas's twenty-seven volumes, probing particular themes and particular poems with a meticulous insight. The book also treats Thomas's

work as a complex and interrelated whole, as a body of work that comprises a single artistic achievement, and assesses that achievement within the context of an array of major literary figures from Montaigne to Seamus Heaney and Wallace Stevens. R. S. Thomas: Identity, environment, deity proves invaluable as a beginner's introduction to the Welsh poet, as a student's guide to critical thinking about the poet's work, and as a provocative new step in scholarly studies. For A Book of Luminous Things Nobel laureate poet Czeslaw Milosz has selected 300 of the world's greatest poems written throughout the ages, poems memorable for how they render the realities of the world palpable and immediate. They are organized under eleven headings - including "Epiphany, " "Nature, " "The Secret of a Thing, " "Travel, " "Places, " and "The Moment." In addition to his introduction, Milosz contributes brief, penetrating commentary on each poet. Among the poets included are Elizabeth Bishop William Blake, Joseph Brodsky, Constantinos Cavafy, Emily Dickinson, Robert Frost, Allen Ginsberg, Linda Gregg, Seamus Heaney, Zbigniew Herbert, Jane Hirshfield, Robinson Jeffers, D. H. Lawrence, Denise Levertov, Philip Levine, Li Po, Antonio Machado, Thomas Merton, W. S. Merwin, Sharon Olds, Mary Oliver, Po Chu-I, Rainer Maria Rilke, Theodore Roethke, Charles Simic, Gary Snyder, Wallace Stevens, May Swenson, Anna Swir, Wislawa Szymborska, Tu Fu, Wang Wei, Walt Whitman, and William Carlos Williams. A delightful collection of soul-inspiring poems from the world's great religious and spiritual traditions, accompanied by Ivan M. Granger's meditative thoughts and commentary. Rumi, Whitman, Issa, Teresa of Avila, Dickinson, Blake, Lalla, and many others. These are poems of seeking and awakening... and the longing in between. ----- Praise for The Longing in Between "The Longing in Between is a work of sheer beauty. Many of the selected poems are not widely known, and Ivan M. Granger has done a great service, not only by bringing them to public attention, but by opening their deeper meaning with his own rare poetic and mystic

sensibility." ROGER HOUSDEN author of the best-selling Ten Poems to Change Your Life series "Ivan M. Granger's new anthology, *The Longing in Between*, gives us a unique collection of profoundly moving poetry. It presents some of the choicest fruit from the flowering of mystics across time, across traditions and from around the world. After each of the poems in this anthology Ivan M. Granger shares his reflections and contemplations, inviting the reader to new and deeper views of the Divine Presence. This is a grace-filled collection which the reader will gladly return to over and over again." LAWRENCE EDWARDS, Ph.D. author of *Awakening Kundalini: The Path to Radical Freedom and Kali's Bazaar* A stunning new collection of poems from Mary Ruefle inviting the many readers of her prose to discover the central form of her literary imagination. 'JENNIFER MAKUMBI IS A GENIUS STORYTELLER.' Reni Eddo-Lodge A SUNDAY TIMES, OBSERVER, DAILY MAIL, BBC CULTURE & IRISH INDEPENDENT BOOK OF THE YEAR A WATERSTONES BEST FICTION BOOK OF THE YEAR OPRAH MAGAZINE BEST OF 2020 A TIME MAGAZINE MUST-READ BOOK OF 2020 A GOOD HOUSEKEEPING BOOK OF THE MONTH (OCTOBER) A BOOKSELLER BOOK OF THE MONTH (OCTOBER) AN AL JAZEERA PICK: TOP BOOKS BY AFRICAN WRITERS, 2020 At once epic and deeply personal, the second novel from prize-winning author Jennifer Makumbi is an intoxicating mix of Ugandan folklore and modern feminism that will linger in the memory long after the final page. As Kirabo enters her teens, questions begin to gnaw at her - questions which the adults in her life will do anything to ignore. Where is the mother she has never known? And why would she choose to leave her daughter behind? Inquisitive, headstrong, and unwilling to take no for an answer, Kirabo sets out to find the truth for herself. Her search will take her away from the safety of her prosperous Ugandan family, plunging her into a very different world of magic, tradition, and the haunting legend of 'The First Woman'. This book of nature poetry and practices shows us just

how easy and enjoyable it can be to tap into the power of nature to calm frazzled minds and lift weary spirits, even in the midst of a city. Author Kai Siedenburg points to two basic keys: finding small but satisfying ways to connect with the Earth in daily life, and making the most of our precious time in wild places. Her insightful and delightful book, *Poems of Earth and Spirit: 70 Poems and 40 Practices to Deepen Your Connection with Nature*, helps us do both. Through intimate original poems, we experience loving encounters with trees, the gratitude of thirsty plants quenched by rain, and cross-cultural communication with chickadees. We feel what it is like to walk on padded paws, to take wing, to root ourselves in the earth. And through carefully crafted practices, we learn how to cultivate a direct and nourishing connection with nature that will support and sustain us wherever we go. In this high-stress, high-tech world in which so many of us hunger for more authentic connection, *Poems of Earth and Spirit* illuminates a direct and scenic path to greater joy, meaning, and belonging. This is a book that keeps on giving-and not just to its readers. A portion of the sales raises funds in aid of TreeSisters, a grassroots network that plants over a million trees a year in the tropics. Advance praise for *Poems of Earth and Spirit* "Beautiful, heart-felt poems for connecting with the Earth." -Joseph Bharat Cornell, author of *Sharing Nature and Deep Nature Play* "Brimming with insight and imagination... To spend time with this collection is like sitting by a pure mountain stream; we are filled with peace, wonder, and delight. These inspiring poems and simple practices will help you deepen your connection with nature wherever you are." -Mary Reynolds Thompson, author of *Embrace Your Inner Wild and Reclaiming the Wild Soul*. "What I want from poetry is what Kai gives me, to see anew and to feel deeply, to be reminded of who I am." -Patrice Vecchione, author of *Step into Nature: Nurturing Imagination & Spirit in Everyday Life*. More info: PoemsofEarthandSpirit.com Vigil: *The Poetry of Presence*, a collection of sixty-five poems, is written

from the perspective of a seasoned hospice volunteer processing her varied experiences while being present and bearing witness to the sacred moments of dying. These unedited, tender and insightful poems, taken from the author's personal journal, are ready to be savored. This study considers the ways Spanish American and Brazilian poets differ from their European counterparts by considering 'Latin American' as more than a perfunctory epithet. It sets the orthodox Latin tradition of the subcontinent against others that have survived or grown up after the conquest then pays attention to those poets who, from Independence, have striven to express a specifically American moral and geographical identity. Dr Brotherson focuses on Modernismo, or the 'coming of age' of poetry in Spanish America and Brazil, and the importance of the movements associated with it. He considers César Vallejo and Pablo Neruda, probably the greatest of the selection, Octavio Paz, and modern poets who have reacted differently to the idea that Latin America might now be thought to have not just a geographical but a nascent political identity of its own. Poems are liberally quoted, and treated as entities in their own right. Poems by more than 80 contemporary Nebraska poets, including Pulitzer Prize winner and former Poet Laureate of the United States, Ted Kooser, are included in this volume. Each and every day teachers show up in their classrooms with a relentless sense of optimism. Despite the complicated challenges of schools, they come to and remain in the profession inspired by a conviction that through education they can move individuals and society to a more promising future. In *Teaching with Heart: Poetry that Speaks to the Courage to Teach* a diverse group of ninety teachers describe the complex of emotions and experiences of the teaching life - joy, outrage, heartbreak, hope, commitment and dedication. Each heartfelt commentary is paired with a cherished poem selected by the teacher. The contributors represent a broad array of educators: K-12 teachers, principals, superintendents, college professors, as well as many non-

traditional teachers. They range from first year teachers to mid-career veterans to those who have retired after decades in the classroom. They come from inner-city, suburban, charter and private schools. The teachers identified an eclectic collection of poems and poets from Emily Dickinson, to Richard Wright, to Mary Oliver to the rapper Tupac Shakur. It is a book by teachers and for all who teach. The book also includes a poignant Foreword by Parker J. Palmer (*The Courage to Teach*), a stirring Introduction by Taylor Mali (*What Teachers Make*), and a moving Afterword by Sarah Brown Wessling (*Teaching Channel*). *Where Teaching with Fire* honored and celebrated the work of teachers; *Teaching with Heart* salutes the tenacious and relentless optimism of teachers and their belief that despite the many challenges and obstacles of the teaching life, much is possible. This companion guide to *POETRY OF PRESENCE*, the popular anthology of mindfulness poems, includes a list of engaging reading strategies, fifty stimulating writing prompts, and a twelve-week workshop curriculum. *Poetic Presence and Illusion* allows readers who have read Krieger's earlier work to understand the development of his critical position. *The Book of Songs* (or *Shi-jing*), the oldest existing anthology of Chinese poetry, comprises 305 works created over centuries. Some feature lyrics in simple language that reflects the common people, addressing love and courtship, political satire, and protest. Others focus on court life and dynasties; nearly all rhyme. This stunning dual-language edition features 32 beautiful verses, including "Se Miu," about a man exhaustedly working for the king, and "Odes Of Yong (Bo Zhou)," a melancholy love poem. A self-proclaimed "vessel in which stories are told from time immemorial," poet dg nanouk okpik seamlessly melds both traditional and contemporary narrative, setting her apart from her peers. The result is a collection of poems that are steeped in the perspective of an Inuit of the twenty-first century—a perspective that is fresh, vibrant, and rarely seen in contemporary poetics. Fearless in her craft, okpik brings an

experimental, yet poignant, hybrid aesthetic to her first book, making it truly one of a kind. "It takes all of us seeing, hearing, touching, tasting, and smelling to be one," she says, embodying these words in her work. Every sense is amplified as the poems, carefully arranged, pull the reader into their worlds. While each poem stands on its own, they flow together throughout the collection into a single cohesive body. The book quickly sets up its own rhythms, moving the reader through interior and exterior landscapes, dark and light, and other spaces both ecological and spiritual. These narrative, and often visionary, poems let the lives of animal species and the power of natural processes weave into the human psyche, and vice versa. Okpik's descriptive rhythms ground the reader in movement and music that transcend everyday logic and open up our hearts to the richness of meaning available in the interior and exterior worlds. A celebrated and diverse group of poets have contributed the beautiful selections that make up Poetry of Presence. This book of mindfulness poems provides a refuge of quiet clarity that is much needed in today's restless, chaotic world. Every reader will find favorites to share and to return to, again and again. 'A source of uncompromising elemental warmth' Ali Smith By turns moving, playful and wise, the poems gathered in Dearly are about absences and endings, ageing and retrospection, but also about gifts and renewals. They explore bodies and minds in flux, as well as the everyday objects and rituals that embed us in the present. Werewolves, sirens and dreams make their appearance, as do various forms of animal life and fragments of our damaged environment. Dearly is a pure Atwood delight, and long-term readers and new fans alike will treasure its insight, empathy and humour. BOOK OF THE YEAR OBSERVER, FINANCIAL TIMES A collection of seventy-two poems written especially for girls ages twelve and up by the much-honored and beloved poet Naomi Shihab Nye. "A lovely, rich collection that promises to be a lasting companion for young writers."—School Library Journal (starred review) First love,

friendship, school, family, community, having a crush, loving your mother and hating your mother, sense of self, body image, hopes and dreams . . . these seventy-two poems by Naomi Shihab Nye—written expressly for this collection—will speak to girls of all ages. An honest, insightful, inspirational, and amazing collection. "A wide age range will respond to these deeply felt poems about everyday experiences, which encourage readers to lean eagerly into their lives and delight in its passages."—ALA Booklist (starred review). An introduction by the author is included. "This collection includes prayers for personal use, prayers for use at communal gatherings, prayers and readings for moments of grief and moments of joy, a collection of daily Psalms, and focus phrases and questions for meditation"-- One of the most transcendent poets of his generation, Darwish composed this remarkable elegy at the apex of his creativity, but with the full knowledge that his death was imminent. Thinking it might be his final work, he summoned all his poetic genius to create a luminous work that defies categorization. In stunning language, Darwish's self-elegy inhabits a rare space where opposites bleed and blend into each other. Prose and poetry, life and death, home and exile are all sung by the poet and his other. On the threshold of im/mortality, the poet looks back at his own existence, intertwined with that of his people. Through these lyrical meditations on love, longing, Palestine, history, friendship, family, and the ongoing conversation between life and death, the poet bids himself and his readers a poignant farewell. NEW YORK TIMES BESTSELLER From the celebrated author of *Inward* comes a new collection of poetry and short prose focused on understanding how past wounds impact our present relationships. In *Clarity & Connection*, Yung Pueblo describes how intense emotions accumulate in our subconscious and condition us to act and react in certain ways. In his characteristically spare, poetic style, he guides readers through the excavation and release of the past that is required for growth. To be read on its own or as a

complement to *Inward*, Yung Pueblo's second work is a powerful resource for those invested in the work of personal transformation, building self-awareness, and deepening their connection with others. The first international anthology to document a radically new poetry which takes language beyond the confines of the printed page into a non-linear world of digital interactivity and hyperlinkage. The work of the poets discussed in this book challenges even the innovations of experimental poetics. It embraces new technologies to explore a new syntax made of linear and non-linear animation, hyperlinkage, interactivity, real-time text generation, spatiotemporal discontinuities, self-similarity, synthetic spaces, immateriality, diagrammatic relations, visual tempo, multiple simultaneities, and many other innovative procedures. This new media poetry, although defined within the field of experimental poetics, departs radically from the avant-garde movements of the first half of the century, and the print-based approaches of the second half. Through an embrace of the vast possibilities made available through new media, the artists in this anthology have become the poetic pioneers for the next millennium. When will American poetry and poetics stop viewing poetry by racialized persons as a secondary subject within the field? Dorothy J. Wang makes an impassioned case that now is the time. *Thinking Its Presence* calls for a radical rethinking of how American poetry is being read today, offering its own reading as a roadmap. While focusing on the work of five contemporary Asian American poets—Li-Young Lee, Marilyn Chin, John Yau, Mei-mei Berssenbrugge, and Pamela Lu—the book contends that aesthetic forms are inseparable from social, political, and historical contexts in the writing and reception of all poetry. Wang questions the tendency of critics and academics alike to occlude the role of race in their discussions of the American poetic tradition and casts a harsh light on the double standard they apply in reading poems by poets who are racial minorities. This is the first sustained study of the formal properties in

Asian American poetry across a range of aesthetic styles, from traditional lyric to avant-garde. Wang argues with conviction that critics should read minority poetry with the same attention to language and form that they bring to their analyses of writing by white poets. Opening with a death in winter, this is a tender work of mourning which is wonderfully moving but never dispiriting. Elaine Feinstein uses the remembered words of a much-loved husband - sometimes affectionate, sometimes querulous - to invoke his solid presence; it is the man rather than her grief which is the centre of the book. Many lyrics recall the closeness of their last months together; others confess the ambivalence of a long marriage. Theirs was never an easy relationship, and she is not afraid to register the differences between them. With wry humour, she questions her own life before their meeting, and looks steadily at a future without him. As she imagines that future, she confronts the myths of an afterlife, a belief in God, her debts to other poets and her dependence on friends and children. Always in complete control of rhythm and tone, these beautiful lyrics explore the most intimate thoughts with a clarity and tenacity Ted Hughes once described as 'unique'. It is Elaine Feinstein's most passionate book of poetry. Explores mindfulness from its roots in Buddhist psychology to its role in contemporary psychological science. In-depth case examples illustrate how and why mindfulness training can help people move from distress and suffering to resilience and flourishing

This great English Poetry Anthology contains 150 of the Most Famous Poems of the last centuries. Dating from the Middle Ages to the 20th century, these famous poems remain Masterpieces of English Literature and continue to inspire and influence people all over the world. This poetry compilation comes in the size of 8x10 inches (20.32 x 25.4 cm) and is perfect as a gift for poetry lovers, literature students and teachers or to complete your own book collection. The following famous Poets are represented in this book: Matthew Arnold - William Blake - Anne Bradstreet -

Rupert Brooke - Elizabeth Barrett Browning - Robert Browning - William Cullen Bryant - Robert Burns - George Gordon, Lord Byron - Lewis Carroll - Samuel Taylor Coleridge - E.E. Cummings - Walter John de la Mare - Emily Dickinson - John Donne - Paul Laurence Dunbar - T. S. Eliot - Ralph Waldo Emerson - Robert Frost - Mary Elizabeth Frye - Thomas Gray - Edgar Albert Guest - Felicia Hemans - William Ernest Henley - Oliver Wendell Holmes - Gerard Manley Hopkins - James Langston Hughes - Leigh Hunt - John Keats - Joyce Kilmer - Rudyard Kipling - Emma Lazarus - Henry Wadsworth Longfellow - James Lowell - Thomas Macaulay - Douglas Malloch - Christopher Marlowe - John Masefield - John McCrae - John Milton - Marianne Moore - Pablo Neruda - Edgar Allan Poe - Alexander Pope - Christina Rossetti - Carl Sandburg - Henry Scott-Holland - Alan Seeger - Robert W. Service - William Shakespeare - Percy Bysshe Shelley - Edmund Spenser - Gertrude Stein - Wallace Stevens - Robert Louis Stevenson - Sara Teasdale - Alfred, Lord Tennyson - Henry David Thoreau - Walt Whitman - John Greenleaf Whittier - Ella Wheeler Wilcox - Oscar Wilde - William Carlos Williams - William Wordsworth - W.B. Yeats

A study of the wealth of meanings that 'Persia' - real or imagined - held for Victorian poetry. Takes a broad, interdisciplinary approach to a significant strand in the 'Oriental' texture of Victorian poetry. Contributes to a growing body of research on the process of cultural exchange between the West and the 'Orient'. Provides the first systematic index of nineteenth-century 'Persianised' poems. Offers a distinctive mix of history and literature, dealing with an array of texts, ranging from ancient Greece to nineteenth-century British travel writings. The Persian Presence in Victorian Poetry surveys the variety of ways in which Persia, and the multitude of ideological, historical, cultural and political notions that it embodied, were received, circulated and appropriated. Providing the first systematic index of nineteenth-century poems that were in any way involved with Persia, the book explores its presence across a broad range of works.

incorporating literary, historical and cultural material. If you stop and look around you, you'll start to see. Tall marigolds darkening. A spring wind blowing. The woods awake with sound. On the wooden porch, your love smiling. Dew-wet red berries in a cup. On the hills, the beginnings of green, clover and grass to be pasture. The fowls singing and then settling for the night. Bright, silent, thousands of stars. You come into the peace of simple things. From the author of the 'compelling' and 'luminous' essays of *The World-Ending Fire* comes a slim volume of poems. Tender and intimate, these are consoling songs of hope and of healing; short, simple meditations on love, death, friendship, memory and belonging. They celebrate and elevate what is sensuous about life, and invite us to pause and appreciate what is good in life, to stop and savour our fleeting moments of earthly enjoyment. And, when fear for the future keeps us awake at night, to come into the peace of wild things. This stunning work illuminates today's black experience through the voices of our most transformative and powerful African American poets. Included in this extraordinary volume are the poems of 43 of America's most talented African American wordsmiths, including Pulitzer Prize-winning poets Rita Dove, Natasha Tretheway, Yusef Komunyakaa, and Tracy K. Smith, as well as the work of other luminaries such as Elizabeth Alexander, Ishmael Reed, and Sonia Sanchez. Included are poems such as "No Wound of Exit" by Patricia Smith, "We Are Not Responsible" by Harryette Mullen, and "Poem for My Father" by Quincy Troupe. Each is accompanied by a photograph of the poet along with a first-person biography. The anthology also contains personal essays on race such as "The Talk" by Jeannine Amber and works by Harry Belafonte, Amiri Baraka, and The Reverend Dr. William Barber II, architect of the Moral Mondays movement, as well as images and iconic political posters of the Black Lives Matter movement, Malcolm X, and the Black Panther Party. Taken together, *Of Poetry and Protest* gives voice to the current conversation about

race in America while also providing historical and cultural context. It serves as an excellent introduction to African American poetry and is a must-have for every reader committed to social justice and racial harmony. 'Truly a marvellous collection ... There is balm for the soul, fire for the belly, a cooling compress for the fevered brow, solace for the wounded, an arm around the lonely shoulder - the whole collection is a matchless compound of hug, tonic and kiss' Stephen Fry As heard on BBC Radio 4, the essential prescriptions from William Sieghart's poetic dispensary Sometimes only a poem will do. These poetic prescriptions and wise words of advice offer comfort, delight and inspiration for all; a space for reflection, and a chance to realize - I'm not the only one who feels like this. In the years since he first had the idea of prescribing short, powerful poems for all manner of spiritual ailments, William Sieghart has taken his Poetry Pharmacy around the length and breadth of Britain, into the pages of the Guardian, onto BBC Radio 4 and onto the television, honing his prescriptions all the time. This pocket-sized book presents the most essential poems in his dispensary: those which, again and again, have really shown themselves to work. Whether you are suffering from loneliness, lack of courage, heartbreak, hopelessness, or even from an excess of ego, there is something here to ease your pain. 'The book is delightful; it rightly resituates poetry in relation to its biggest and most serious task: helping us to live and die well' Alain de Botton First published in 1934, In The Cairngorms is Nan Shepherd's only book of poems. It took her twenty-five years to write these forty-six poems. Each is possessed of a fierce intensity; together, they offer glimpses into what she once called 'the burning heart of life'. Shepherd's lifelong acquaintance with the Scottish mountains was a spiritual as well as a geographical exploration: in the Cairngorms she discovered both elemental beauty and profound metaphysical mystery. Her huge gifts as a poet were to convey these discoveries in language that remains strange and thrilling. I breathe slowly in, I

breathe slowly out. My breath is a river of peace. I am here in the world. Each moment I can breathe and be. Hear thunder crash, feel your toes touch sand, and watch leaves drift softly away on a quiet stream. The simple poems in *Breathe and Be* help children learn mindfulness as they connect to the beauty of the natural world. Mindfulness teaches us how to stay calm, soothe our emotions, and appreciate the world around us. Whether we're watching tiny colored fish darting in the water or exploring the leaves, branches, and roots of a towering tree, the thoughtful words and the lovely art of *Breathe and Be* remind us how much joy we can find by simply living with awareness and inner peace. Ages 4–8

Lisa Fishman's sixth book of poetry is centered on bodies and where they are in relation to each other—whether a body is of plant; of person; or of words, and whether a body is personal or civic; singular or collective; alive or dead. The contradictions of lyric unfold, in this most unconventional elegy, by means of perception so steady it can change.²⁴ Pages and other poems extends backward and forward, with the presence of many, such as John Clare and Friederike Mayröcker, helping along the way. As if a corridor could open or the EAR's two missing letters — h e a r t — e a r t h — wherever an animal pops out of the water such as a hooded merganser appeared to do a somersault diving under, not like a mallard more like a child or a ball — it didn't come up until it did

Lisa Fishman is the author of six books of poetry, including²⁴ Pages and other poems, F L O W E R C A R T, Current, and The Happiness Experiment. The first Lorine Niedecker Poet-in-Residence in Fort Atkinson and Blackhawk Island, Fishman lives in Orfordville and Madison, Wisconsin. She teaches at Columbia College Chicago. This collection of poems written over the past decade is designed to quietly bring the reader to life in the now. Each person will experience the verses in a unique way, just as they do the present moment. The book includes all the favorites as well as many pieces never before published.

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