

The Emergency Poet An Anti Stress Poetry Anthology

Emergency PoetAn Anti-Stress Poetry Anthology

A thoughtful and varied collection of feel-good poems for any day and any situation. This brand-new anthology is designed to tackle your everyday needs, whether work is getting you down, you need a moment to relax, you're having trouble sleeping or need a little romantic guidance, this book has a poem for you. This collection will lift your mood and brighten your day, offering poetic help wherever it is needed.

Those who are familiar with Parra's work will find the humor more sharply honed and darker, the anger closer to the surface and sometimes breaking through, the language tighter, the compassion deeper and the statements more political--or anyway more social.

Kenneth Koch, who has already considerably "stretched our ideas of what it is possible to do in poetry" (David Lehman), here takes on the classic poetic device of apostrophe, or direct address. His use of it gives him yet another chance to say things never said before in prose or in verse and, as well, to bring new life to a form in which Donne talked to Death, Shelley to the West Wind, Whitman to the Earth, Pound to his Songs, O'Hara to the Sun at Fire Island. Koch, in this new book, talks to things important in his life -- to Breath, to World War Two, to Orgasms, to the French Language, to Jewishness, to Psychoanalysis, to Sleep, to his Heart, to Friendship, to High Spirits, to his Twenties, to the Unknown. He makes of all these "new addresses" an exhilarating autobiography of a most surprising and unforeseeable kind.

#MeToo

New Addresses

These Are The Hands: Poems from the Heart of the NHS

Journal Your Way to Inspiration and Happiness

Prescriptions for the Heart, Mind, and Soul

Meditations in an Emergency

A brilliant new anthology of poems that will help you to overcome stress, depression and other anxieties. Arranged by spiritual ailment, the sections include a range of verse, new and old, which may be of comfort to those in need of a pick-me-up for the soul. The collection has been carefully compiled by Deborah Alma, the world's first and only emergency poet, who travels to schools, libraries, festivals and other events in her 1970s ambulance to offer consultations and prescribe poems as cures for various maladies. This collection is designed to lift your mood and offers poetic help whenever it may be required.

Winner of the 2018 Lexi Rudnitsky Editor's Choice Award, Cameron Awkward-Rich's intimate second book of poems attempts to reckon with and withstand American violence.

'A matchless compound of hug, tonic and kiss' Stephen Fry on William Sieghart's bestselling Poetry Pharmacy The Poetry Pharmacy is one of the bestselling (and most giftable) poetry anthologies of recent decades. Now, after huge demand for more prescriptions from readers and 'patients' alike, William Sieghart is back. This time, tried-and-true classics from his in-person pharmacies are joined by readers' favourite poems and the new conditions most requested by the public - all accompanied by his trademark meditations (warm, witty and understanding, with just a twist of the challenging) on the spiritual ailments he seeks to cure. From ageing bodies and existential crises to long-distance relationships and embracing your slovenliness, The Poetry Pharmacy Returns caters to all-new conditions while drilling further down into the universals: this time, the challenges of family life, and of living as a person among others, receive a much closer look. Perfect for the treasured friends, barely tolerated siblings, beloved aunts and revered grandparents in your life.

In this award-winning novel, Tharoor has masterfully recast the two-thousand-year-old epic, The Mahabharata, with fictional but highly recognizable events and characters from twentieth-century Indian politics. Nothing is sacred in this deliciously irreverent, witty, and deeply intelligent retelling of modern Indian history and the ancient Indian epic The Mahabharata. Alternately outrageous and instructive, hilarious and moving, it is a dazzling tapestry of prose and verse that satirically, but also poignantly, chronicles the struggle for Indian freedom and independence.

How Fifty Inspiring Poems Can Heal and Bring Joy to Your Life

Gender, Violence, and the Past in Edda and Saga

A Mindful Poetry Anthology

Social Work and the Visual Imagination

Nietzsche on Art and Life

Russian Minimalism

Can you be re-lit by poetry? This little book offers everyone one of the oldest of all remedies for stress: the reading of poetry.

Shortlisted for the 2017 T. S. Eliot Prize PBS Autumn Recommendation The poems in James Sheard's remarkable third book are about love and leaving, of how the rift of departure brings on a kind of haunting – of the people involved and the places where they lived – an emotional trace of departed lives and loves. This is what these poems are: the scars of separation, the spoors of desire. Sheard writes powerfully about loss, about how the vestiges of significance, of sensual heat, are retained by structures – in ghost towns, war-zones, deserted villages or resorts – but also by the human body and memory: 'For love exists, and then is ruined, and then persists.' These are poems about permanence and fragility, of being uncertain whether the house you live in is a shell, or if you have become a shell by living there – whether emptiness means loss and abandonment or a clean start and a new beginning. But these are also poems full of the ache of desire, the tart, lingering smell of sex: poems shaped by longing. James Sheard is one of Britain's most assured and precise lyric poets, and his third collection brings all his considerable strengths to poems as accurate and strange as thermal images.

Images are inscribed in the memory more easily than words, and some remain with the viewer for a lifetime. Combining hindsight, insight and foresight, the chapters in this book turn a spotlight onto various aspects of health, social work and socially engaged arts practice. The visual imagination is evoked in this book to help practitioners see beneath the surface of contentious and problematic issues facing human services today. Risk assessment, child sexual abuse, work-life balance, old age, dementia, substance misuse, recovery, sex work, homelessness, isolation, biography, death and dying, grief, loss, vulnerability, care, and the function of the museum as a preserver of memory, all come under the sustained gaze and examination of the contributors. Grounded in the arts and humanities, the visual sense as a gateway to empathy is explored throughout these chapters. References are included to visual art, curating dramatic performance, poetry, film, dance, photography, diary entries, and public exhibitions. In an age when people increasingly compose their lives by staring into various screens, this book celebrates the visual modality that can humanise services with 'human-seenings'. This book was originally published as a special issue of the Journal of Social Work Practice.

Through thematic concentration on gender/sexuality and violence and generic concentration on Poetic Edda and later texts which rework or allude to it, David Clark provides a diverse but coherent exploration of both key and neglected Norse texts.

More Prescriptions for Courage, Healing and Hope

Nights I Let the Tiger Get You

Poetry Pharmacy

Enemy Number One

Poetry Rx

The Poetry Pharmacy Returns

80 poets brought together by editor Deborah Alma in a women's poetry anthology that has risen up out of the collective rage that found a voice in the wake of the #MeToo social media campaign. Foreword by Jess Phillips MP.

A Fine Balance, Rohinton Mistry's stunning internationally acclaimed bestseller, is set in mid-1970s India. It tells the story of four unlikely people whose lives come together during a time of political turmoil soon after the government declares a "State of Internal Emergency." Through days of bleakness and hope, their circumstances - and their fates - become inextricably linked in ways no one could have foreseen. Mistry's prose is alive with evnding images and a cast of unforgettable characters. Written with compassion, humour, and insight, A Fine Balance is a vivid, richly textured, and powerful novel written by one of the most gifted writers of our time.

Who needs boring ol' superheroes who leap giant buildings and run faster than locomotives when your day can be saved by the cuddly, super-cute, full-on feline charm of Mimi, Twee-Twee, and Adorbz, aka EMERGENCY KITTENS!!! When bullies steal Sheldon's ball in the playground, a pack of your usual, everyday, human caped crusaders leaps to the rescue. But when their showy feats of strength and agility fail to impress, some real heroes step in to save the day- EMERGENCY KITTENS!!! With their unending cuteness and unforgivably adorable purrs, this mighty trio of fluffy goodness turns any sticky situation into one of pure cuddles. Pages of silly, good-natured giggles await any kid who loves superheroes, cats, or really funny read-alouds. And parents and teachers will like the gentle way in which this story subtly teaches that kindness and cuddles can often solve a problem that strength and muscle cannot.

Poems deal with nature, motion pictures, human behavior, the arts, parties, and other cultures

Seeing with the Mind's Eye

A Woman of Property

The Art of Love

Comprising the Celebrated Political and Satirical Poems, of the Rt. Hons. G. Canning, John Hookham Frere, W. Pitt, the Marquis Wellesley, G. Ellis, W. Gifford, the Earl of Carlisle, and Others

Poetry of the Anti-Jacobin

Tried-and-True Prescriptions for the Heart, Mind and Soul

'A matchless compound of hug, tonic and kiss' Stephen Fry 'I keep my copy with the brandy and aspirin' Jeanette Winterson Sometimes only a poem will do. For countless people, the poetic prescriptions and wise words of advice from William Sieghart's bestselling Poetry Pharmacy have offered comfort, delight and inspiration; a space for reflection, and that precious realization - I'm not the only one who feels like this. 'Marvelous ... 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' Stephen Fry 'Delightful; it rightly resituates poetry in relation to its biggest and most serious task: helping us to live and die well' Alain de Botton 'Sieghart's enthusiasm for poetry is so generous, optimistic and open-hearted, it's hard to resist' Evening Standard 'One for the bedside, a solace for sleepless nights' Daily Mail

This gorgeous debut is a 'debut' in chronology only. . . . Need is everywhere—in the unforgiving images, in lines so delicate they seem to break apart in the hands, and in the reader who will enter these poems and never want to leave."—Adrian Matejka Phillip B. Williams investigates the dangers of desire, balancing narratives of addiction, murders, and hate crimes with passionate, uncompromising depth. Formal poems entrenched in urban landscapes crack open dialogues of racism and homophobia rampant in our culture. Multitudinous voices explore one's ability to harm and be harmed, which uniquely juxtaposes the capacity to revel in both experiences. From "Agenda": I. While two women kissed in their house I watched a jury hide bullets in a Black boy's body, all rigor mortis and bass line. I landed in Chicago, a lead box. The airport showed CNN and a Black mother could not be heard over gate changes, bistro jazz. Subtleties gathered and faded like gossip while I made my mouth vacant in my hometown. I carried a fever of insufferable noise that skin, illuminated by a hoodie, held close, a forced kin. Phillip B. Williams has authored two chapbooks: Bruised Gospels (Arts in Bloom Inc.) and Burn (YesYes Books). A recent Stanford graduate, he received scholarships from Bread Loaf Writers Conference and a Ruth Lilly Fellowship. His work appeared or is forthcoming in Callaloo, Poetry, the Southern Review, West Branch, and others. Phillip received his MFA in Writing as a Chancellor's Graduate Fellow at the Washington University in St. Louis. He is the poetry editor of Vinyl Poetry.

With the emotional undertow of Ocean Vuong and the astute political observations of Natalie Diaz, a powerful poetry debut exploring the effects of racism, war and colonialism, queer love and desire. In their breathtaking international debut, Aai u n Nin plumbs the depths of the lived and enduring effects of colonialism in their native country, Angola. In these pages, Nin untangles complexities of exile, the reckoning of familial love, but also reveals the power of queer love and desire through the body that yearns to love and be loved. Nin shows the ways in which faith and devotion serve as forms of oppression and interrogates the nature of home by reclaiming the persistent echoes of trauma. A captivating blend of evocative prose and intimate testimony, Nin speaks to the universal vulnerability of existence.

"One Last Word is the work of a master poet." --Kwame Alexander, Newbery Medal-winning author of The Crossover From the New York Times bestselling and Coretta Scott King award-winning author Nikki Grimes comes an emotional, special new collection of poetry inspired by the Harlem Renaissance—paired with full-color, original art from today's most exciting African-American illustrators.

Inspired by the writers of the Harlem Renaissance, bestselling author Nikki Grimes uses "The Golden Shovel" poetic method to create wholly original poems based on the works of master poets like Langston Hughes, Georgia Douglas Johnson, Jean Toomer, and others who enriched history during this era. Each poem is paired with one-of-a-kind art from today's most exciting African American illustrators—including Pat Cummings, Brian Pinkney, Sean Qualls, James Ransome, Javaka Steptoe, and many more—to create an emotional and thought-provoking book with timely themes for today's readers. A foreword, an introduction to the history of the Harlem Renaissance, author's note, poet biographies, and index makes this not only a book to cherish, but a wonderful resource and reference as well. A 2017 New York Public Library Best Kids Book of the Year A Kirkus Reviews Best Book of 2017, Middle Grade A School Library Journal Best Book of 2017, Nonfiction

A Fine Balance

Love Poems

Stressed, Unstressed: Classic Poems to Ease the Mind

An Anti-Stress Poetry Anthology

Wisdom from the Harlem Renaissance

From Stalin's anti-American campaign to Khrushchev's peaceful coexistence policy, this book addresses the Soviet propaganda and ideology directed towards the United States during the early Cold War.

The first study of the prose poem in the context of Russian literature.

The Art of Love celebrates the bi-millennium of Ovid's cycle of sophisticated and subversive didactic poems on love, traditionally assumed to have been brought to completion around AD 2. Ars Amatoria (The Art of Love) and Remedia Amoris (Cures for Love), which purport to teach young Roman men and women how to be good lovers, were partly responsible for the poet's exile from Rome under the emperor Augustus. None the less they exerted great influence over ancient and later love poetry. This is the first collection in English devoted to the poems, and brings together many of the leading figures in the field of Latin literature and Ovidian studies from the British Isles, Germany, Italy, and the United States. It offers a range of perspectives on the poetics, politics, and erotics of the poems, beginning with a critical survey of recent research, and concluding with papers on the ancient, medieval, and modern reception of the poems.

The US edition of the bestselling The Poetry Pharmacy A beautiful collection of curated poems each individually selected to provide hope, comfort, and inspiration—for all of life's most difficult moments Sometimes only a poem will do. These poetic prescriptions and wise words of advice are tailored to those moments in life when we need them most, from general glumness to news overload, and from infatuation to losing the spark. Whatever you're facing, there is a poem in these pages that will do the trick. This pocket-size companion presents the most essential fixes in William Sieghart's poetic dispensary—those that, again and again, have shown themselves to hit the spot. Whether you are suffering from loneliness, lack of courage, heartbreak, hopelessness, or even an excess of ego—or whether you are seeking hope, comfort, inspiration, or excitement—The Poetry Remedy will provide just the poem you need in that moment.

Emergency Poems

Emergency Kittens!

Dispatch

Thief in the Interior

Broken Halves of a Milky Sun

Are Women People?

Elizabeth Cantwell's poems unfold in the nightmarish space between seeing a monster and discovering you are unable to scream.

A Finalist for the Los Angeles Times Book Prize A new book from a poet whose work is "wild with imagination, unafraid, ambitious, inventive" (Jorie Graham) Located in a menacing, gothic landscape, the poems that comprise A Woman of Property draw formal and imaginative boundaries against boundless mortal threat, but as all borders are vulnerable, this ominous collection ultimately stages an urgent and deeply imperiled boundary dispute where haunting, illusion, the presence of the past, and disembodied voices only further unsettle questions of material and spiritual possession. This is a theatrical book of dilapidated houses and overgrown gardens, of passageways and thresholds, edges, prosceniums, unearthings, and root systems. The unstable property lines here rove from heaven to hell, troubling proportion and upsetting propriety in the name of unfathomable propagation. Are all the gates in this book folly? Are the walls too easily scaled to hold anything back or impose self-confinement? What won't a poem do to get to the other side?

More than three decades after its first publication, Edward Said's groundbreaking critique of the West's historical, cultural, and political perceptions of the East has become a modern classic. In this wide-ranging, intellectually vigorous study, Said traces the origins of "orientalism" to the centuries-long period during which Europe dominated the Middle and Near East and, from its position of power, defined "the orient" simply as "other than" the occident. This entrenched view continues to dominate western ideas and, because it does not allow the East to represent itself, prevents true understanding. Essential, and still eye-opening, Orientalism remains one of the most important books written about our divided world.

Nietzsche was not interested in the nature of art as such, or in providing an aesthetic theory of a traditional sort. For he regarded the significance of art to lie not in l'art pour l'art, but in the role that it might play in enabling us positively to 'revalue' the world and human experience. This volume brings together a number of distinguished figures in contemporary Anglo-American Nietzsche scholarship to examine his views on art and the aesthetic in the context of this wider philosophical project. All of the major themes of Nietzsche's aesthetics are discussed: art and the affirmation of life, the relationship between art and truth, music, tragedy, the nature of aesthetic experience, the role of art in Nietzsche's positive ethics, his critique of romanticism, and his ambivalent attitude towards Richard Wagner.

Orientalism

The Everyday Poet

Bimillennial Essays on Ovid's Ars Amatoria and Remedia Amoris

The Abandoned Settlements

Poems

The United States of America in Soviet Ideology and Propaganda, 1945-1959

From the pen of a master — the #1 bestselling, Booker Prize–winning author of *Atonement* — comes an astonishing novel that captures the fine balance of happiness and the unforeseen threats that can destroy it. A brilliant, thrilling page-turner that will keep readers on the edge of their seats. *Saturday* is a masterful novel set within a single day in February 2003. Henry Perowne is a contented man — a successful neurosurgeon, happily married to a newspaper lawyer, and enjoying good relations with his children. Henry wakes to the comfort of his large home in central London on this, his day off. He is as at ease here as he is in the operating room. Outside the hospital, the world is not so easy or predictable. There is an impending war against Iraq, and a general darkening and gathering pessimism since the New York and Washington attacks two years before. On this particular Saturday morning, Perowne's day moves through the ordinary to the extraordinary. After an unusual sighting in the early morning sky, he makes his way to his regular squash game with his anaesthetist, trying to avoid the hundreds of thousands of marchers filling the streets of London, protesting against the war. A minor accident in his car brings him into a confrontation with a small-time thug. To Perowne's professional eye, something appears to be profoundly wrong with this young man, who in turn believes the surgeon has humiliated him — with savage consequences that will lead Henry Perowne to deploy all his skills to keep his family alive.

This reappraisal of the role of genre in Romanticism explores the generic innovations that drove the Romantic 'revolution in literature'. Also examined is the movement's fascination with archaic forms such as the ballad, the sonnet, and the epic, the revival of which made Romanticism a 'retro' as well as a revolutionary movement.

Discover the Life-Changing Power of Freewriting and Journaling. Discover who you are. Writing for yourself is an incredible way to heal your heart, find happiness, and reconnect with the things that matter most. Journaling and freewriting can bring you a deeper level of self-awareness, allowing you to truly know who you are. Heart, Sass & Soul will show you how to develop a writing practice that nurtures inner strength and promotes a rich, fulfilled life. Recover the joy of creative self-expression: As kids, many of us had vibrant imaginations and our lives were full of creativity. Over time, that self-expression gets lost in the busy routine of everyday life. But it doesn't have to be that way. The tips, techniques, and exercises in this book will help you tap into that creativity deep in your soul. Writing can be your best self-care therapy. Most of us, at some point in our lives, will lose something we truly love. That time in-between jobs, friends, relationships, homes, or whatever else, is the "great unknown." Contrary to what some may tell you, this is not the time to make major, life-changing decisions. In the midst of loss and grief, you need self-care more than ever. In fact, the best thing to do in these times is write. A new approach to finding happiness: If you love self-help books for women like Start Where You Are, Practice You, and 52 Lists for Happiness, you'll love this new approach. Heart, Sass, & Soul is not a journal. It's a method for writing freely that will change the way you live. With this essential guide, you will learn how to: - Overcome self-doubt and develop a new creative identity - Transform dark times into something beautiful - Find moments for healing yourself without judgement - Become empowered with uninhibited self-expression

Winner of the 2021 National Book Award for Poetry From the winner of the Ruth Lilly Poetry Prize come masterfully crafted narratives of protest, grief and love. Martín Espada is a poet who "stirs in us an undeniable social consciousness," says Richard Blanco. *Floaters* offers exuberant odes and defiant elegies, songs of protest and songs of love from one of the essential voices in American poetry.

***Floaters* takes its title from a term used by certain Border Patrol agents to describe migrants who drown trying to cross over. The title poem responds to the viral photograph of Oscar and Valeria, a Salvadoran father and daughter who drowned in the Rio Grande, and allegations posted in the "1m 10-15" Border Patrol Facebook group that the photo was faked. Espada bears eloquent witness to confrontations with anti-immigrant bigotry as a tenant lawyer years ago, and now sings the praises of Central American adolescents kicking soccer balls over a barbed wire fence in an internment camp founded on that same bigotry. He also knows that times of hate call for poems of love—even in the voice of a cantankerous Galápagos tortoise. The collection ranges from historical epic to achingly personal lyrics about growing up, the baseball that drops from the sky and smacks Espada in the eye as he contemplates a girl's gentyly racist question. Whether celebrating the visionaries—the fallen dreamers, rebels and poets—or condemning the outrageous governmental neglect of his father's Puerto Rico in the wake of Hurricane Maria, *Espada* invokes ferocious, incandescent spirits.**

Sunshine

A Book of Rhymes for Suffrage Times

Saturday

Floaters: Poems

Poems and Antipoems: a Selection

Comprising the Celebrated Political and Satirical Poems of G. Canning [and Others]

Never before have we had a tour by such a tour guide through great poetry which can, heal, inspire and bring joy to our lives.

A writing instructor and top British journalist reveals the life-changing power of freewriting and journaling.

From the Prose Poem to the Anti-Story

One Last Word

Rallying Against Sexual Assault and Harassment - a Women's Poetry Anthology

The Great Indian Novel

Heart, Sass & Soul

Romanticism and the Uses of Genre