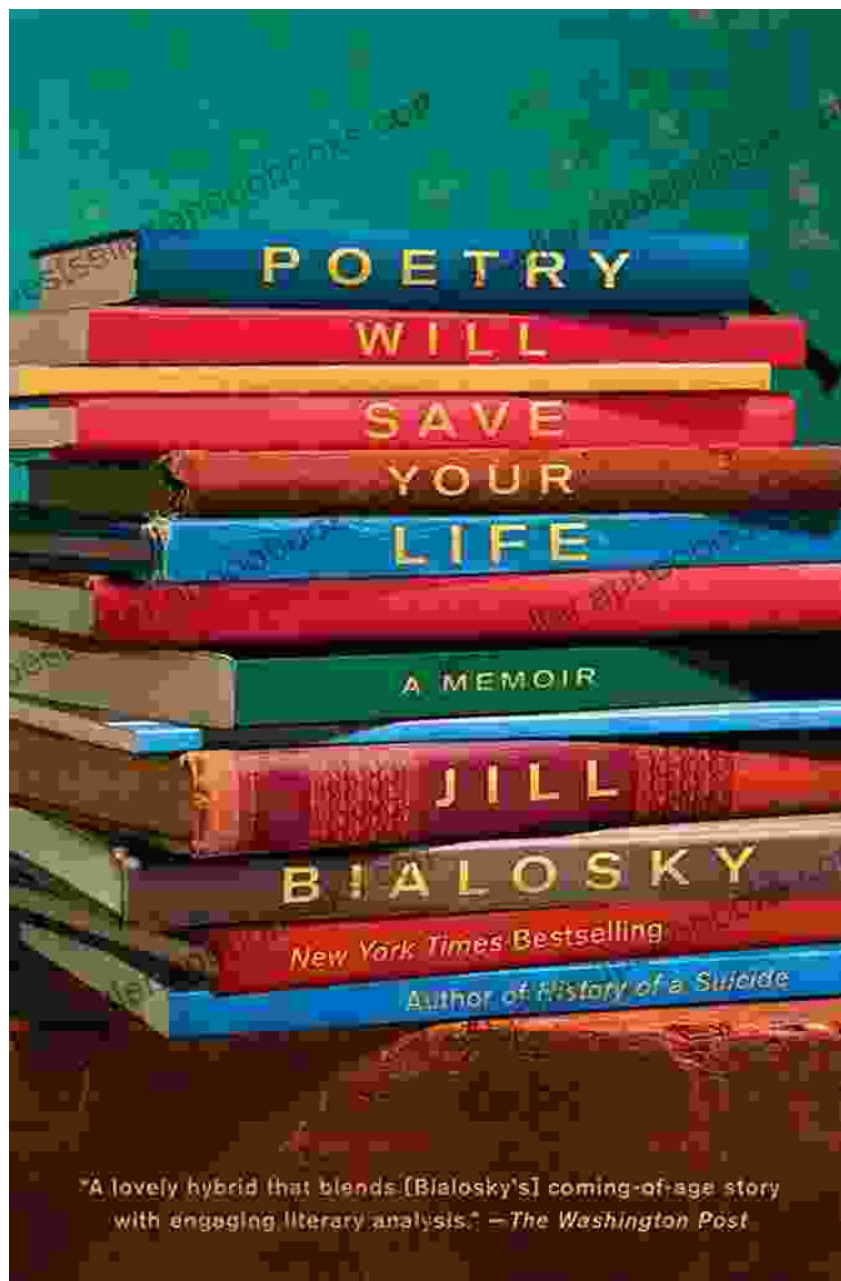


Poetry Will Save Your Life: A Memoir of Surviving Depression and Finding Hope in the Written Word



Poetry Will Save Your Life: A Memoir by Jill Bialosky

★★★★☆ 4.4 out of 5

Language : English



File size	: 2894 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 241 pages
X-Ray	: Enabled



In this powerful and moving memoir, author Jill Bialosky chronicles her lifelong struggle with depression and how she found salvation in the written word. Through poetry, she discovered a way to express her pain, make sense of her world, and connect with others who understood her struggles.

Bialosky's journey with depression began in childhood. She was a sensitive and introspective child, often feeling overwhelmed by the world around her. As she got older, her depression worsened, and she began to experience suicidal thoughts. In her darkest moments, she found solace in poetry.

Poetry allowed Bialosky to express her pain in a way that nothing else could. She found comfort in the words of other poets who had also struggled with depression, and she began to write her own poems as a way to process her emotions. Through poetry, she discovered a way to connect with others who understood her struggles, and she began to find hope.

Poetry Will Save Your Life is a must-read for anyone who has ever grappled with mental illness or simply searched for meaning in life. Bialosky's story is a powerful reminder that even in the darkest of times, there is hope to be found. Poetry can be a lifeline for those who are struggling, and it can help us to find our way back to ourselves.

Here is an excerpt from Poetry Will Save Your Life:



“I have always been a reader, but it was not until I was in my twenties that I discovered the power of poetry. I was going through a particularly difficult time in my life, and I was feeling lost and alone. One day, I picked up a book of poems by Mary Oliver, and I was immediately drawn to her words. Her poems spoke to me in a way that nothing else had before. They gave me hope and strength, and they helped me to make sense of my own experiences.

I began to write poetry as a way to process my emotions and make sense of my world. Poetry allowed me to express my pain in a way that nothing else could. It also helped me to connect with others who understood my struggles. Through poetry, I found a community of people who supported me and encouraged me to keep going.

Poetry has saved my life in more ways than one. It has helped me to survive depression, it has helped me to find hope, and it has helped me to find my own voice.”

If you are struggling with mental illness, or if you are simply searching for meaning in life, I encourage you to read Poetry Will Save Your Life. Jill Bialosky's story is a powerful reminder that even in the darkest of times, there is hope to be found.



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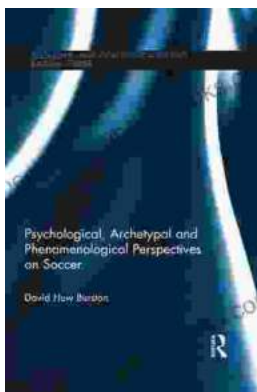
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