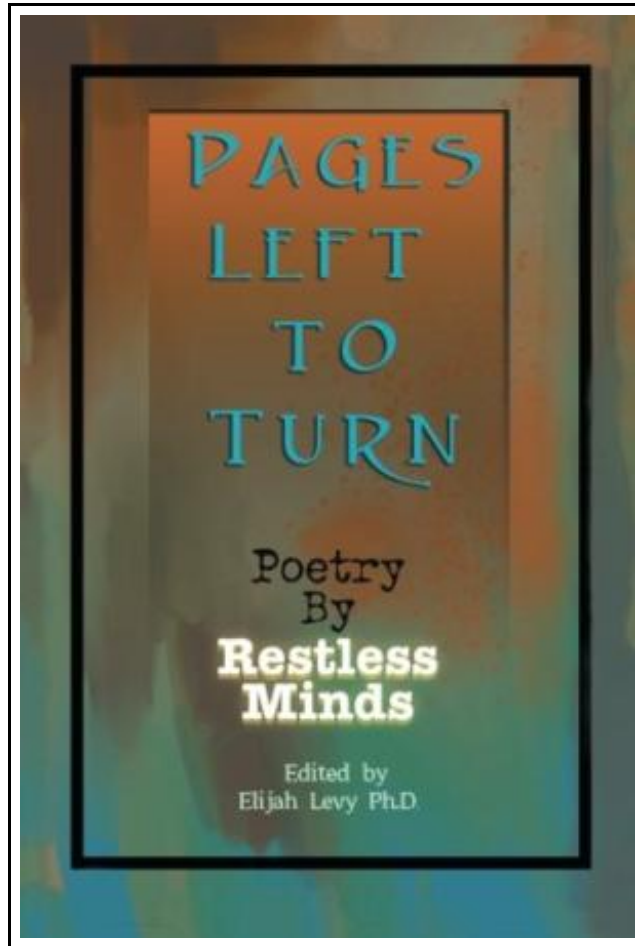


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Reviews

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XLIBRIS. Paperback. Book Condition: New. Paperback. 206 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. In this collection of poetry, individuals living with mental illness convey in an intimate, evocative and vivid style their longing for acceptance, meaning and recovery. The therapeutic benefits for the mentally ill writing poetically is a journey of self-discovery and the writing process organizes and clarifies their situation in life. For the mentally ill, writing poetically by using imagery and metaphor is a safe passage to reclaim who one was before the illness emerged. The metaphor relies on an analogy or symbol to create new meaning by expanding the imaginative mind that ultimately pushes one into a new reality that generates insight. The metaphor is fascinating because of its power to silently express a complete picture in an instant. Individuals living with symptoms of Schizophrenia and Bipolar Disorder are a vessel of truth and writing poetically about suffering transforms that truth in a way that makes it meaningful and amenable to healing. What is dormant, and undoubtedly shameful to disclose is awakened, and although it describes the limitations the illness imposes in their lives, it energizes one to act in some way to heal the pain, overcome and defeat ongoing devaluation, loneliness, stigmatization and alienation. In the end, it is hope that gives life meaning and sustains faith for the good life. Without hope, one lives in despair and futility. Meaning gives one the strength to overcome. The evocative nature of poetry transforms silence, alienation and insignificance to sound. The mentally ill live in their safe, beautiful, intimate and private world. The written word-- the poem, allows one to share this experience in a public forum for others to identify with and ultimately connect them to the larger world to reduce alienation and increase integration. At some...



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