

# Unveiling the Profound Poetry From the Edge and Back: A Journey of Healing and Empowerment



## My Broken Voice: Poetry from the Edge and Back

by Hanoach Guy Kaner

★★★★☆ 4.7 out of 5

Language : English

File size : 2449 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Print length : 43 pages

Lending : Enabled

Screen Reader : Supported

Paperback : 210 pages

Item Weight : 8 ounces

Dimensions : 5.25 x 0.48 x 8 inches



In the realm of literature, there are books that merely entertain, while others possess the power to transform lives. "Poetry From the Edge and Back" belongs to the latter category, a poignant collection of verses that delves into the depths of adversity and the unwavering resilience that emerges from it.

Authored by a remarkable survivor of mental health challenges and trauma, this book is not a mere anthology of poems; it is a testament to the indomitable human spirit. Each verse is a raw and unfiltered expression of the author's experiences, capturing the pain, the anguish, and the ultimate triumph over darkness.

## Exploring the Depths of Darkness

"Poetry From the Edge and Back" does not shy away from the harsh realities of mental illness. The poems confront the demons that torment the mind, taking readers on a journey through anxiety, depression, and the depths of despair. Yet, amidst the darkness, there is always a glimmer of hope.

In the poem "The Edge," the author writes:



***“I stand upon the edge,  
The darkness beckons me below.  
My mind a tempestuous sea,  
Threatening to swallow me whole.  
But within me, a flicker of light,  
A spark that refuses to die.”***

This verse captures the raw struggle against the allure of despair. The edge represents the precipice of surrender, yet the author refuses to succumb to the darkness. The flicker of light symbolizes the resilience that lies within, even in the most trying of times.

## Finding Healing in the Depths

The journey depicted in "Poetry From the Edge and Back" is not just one of darkness and despair; it is also a journey of healing. The poems explore the transformative power of therapy, self-reflection, and the support of loved ones.

In the poem "The Therapist's Couch," the author writes:



***“On the therapist's couch,  
I unravel the tangled threads of my soul.  
With patience and compassion,  
She guides me towards the light.”***

This verse highlights the importance of seeking professional help when struggling with mental health issues. The therapist's couch becomes a safe haven where the author can confront their pain, process their emotions, and begin the path towards recovery.

### **Empowerment Through Poetry**

"Poetry From the Edge and Back" is not only a personal narrative but also a source of empowerment for others who have endured similar struggles. The poems offer a sense of validation and understanding, reminding readers that they are not alone in their experiences.

In the poem "Warrior," the author writes:



***“I am a warrior,  
I have faced my demons head-on.  
I have emerged from the darkness,  
Stronger than ever before.”***

This verse embodies the transformative power of poetry. It empowers readers to embrace their own resilience, to recognize their strength, and to believe in their ability to overcome adversity.

## A Beacon of Hope Amidst Darkness

"Poetry From the Edge and Back" is a must-read for anyone who has experienced mental health challenges, trauma, or any form of adversity. It is a book that offers solace, strength, and inspiration. Each poem is a beacon of hope, reminding readers that even in the darkest of times, the human spirit can triumph.

If you or someone you know is struggling with mental health issues, please know that you are not alone. There is help available. Reaching out for support is a sign of strength, not weakness. Remember, there is always hope, even in the darkest of times.

Visit the author's website at [website address] to learn more about "Poetry From the Edge and Back" and to connect with the community of readers who have found healing and empowerment through her words.



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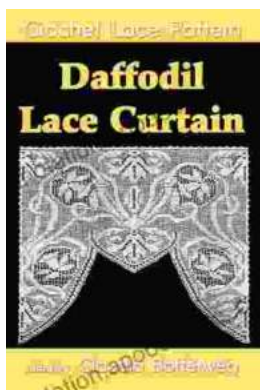
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