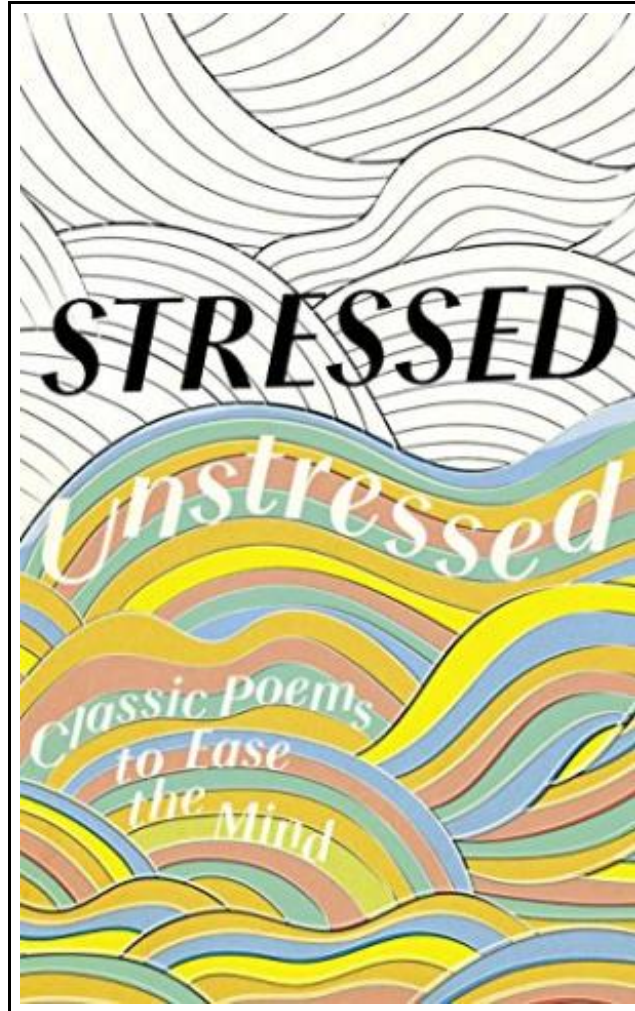


Stressed, Unstressed: Classic Poems to Ease the Mind



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Reviews

The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.

(Tomas Witting)

STRESSED, UNSTRESSED: CLASSIC POEMS TO EASE THE MIND



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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Stressed, Unstressed: Classic Poems to Ease the Mind, Jonathan Bate, Paula Byrne, In this little book is one of the oldest of all remedies for stress: the reading of poetry. Intended to help you endure some of your stressful moments and painful experiences, these poems tell us we are not alone. Again and again over the centuries great poets return to love and death and memory - remembrance of childhood joy, of happy days and beautiful places, of loved ones we have lost or feeling at peace and at one with the natural world. 'Stressed Unstressed' harvests an array of poems on such themes in the hope that they will speak to you when you are processing your worries or when you simply want to fill your mind with different, more positive thoughts. Words can act as drugs, and on the bedside or in a waiting-room this little volume of poetry can help in all sorts of difficult circumstances. So here is a selection of new poems and old, enduring classics and forgotten gems. Next time you are feeling stressed or anxious, worried or sleepless, panicky or unable to cope, 'Stressed Unstressed' invites you to join the thousands of others who have read and remembered and loved these poems - to form a very special community. This is bibliotherapy.



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