

## Nayyirah Waheed Salt Free

I can feel it in my roots; I gave birth, in a nightmare, to unlovable things. They breed in my belly; tiny birthdays, every day. I am the undead mother to every single bit of black in this skin prison my lovers have choked on. Bestselling author J.R. Rogue returns with her second volume of poetry, *Tell Me Where It Hurts*, a raw, heartbreaking, and honest glimpse into the demons she has faced in her 33 years. The poems in this captivating collection weave beauty with violence, the personal with the historic as they recount the harrowing experiences of the two hundred thousand female victims of rape and torture at the hands of the Pakistani army during the 1971 Liberation War. As the child of Bangladeshi immigrants, the poet in turn explores her own losses, as well as the complexities of bearing witness to the atrocities these war heroines endured. Throughout the volume, the narrator endeavors to bridge generational and cultural gaps even as the victims recount the horror of grief and personal loss. As we read, we discover the profound yet fragile seam that unites the fields, rivers, and prisons of the 1971 war with the poet's modern-day hotel, or the tragic death of a loved one with the holocaust of a nation. Moving from West Texas to Dubai, from Virginia to remote villages in Bangladesh and back again, the narrator calls on the legacies of Willa Cather, César Vallejo, Tomas Tranströmer, and Paul Celan to give voice to the voiceless. Fierce yet loving, devastating and magical at once, *Seam* is a testament to the lingering potency of memory and the bravery of a nation's victims. Winner, Great Lakes Colleges Association New Writers Award, 2014 Winner, Binghamton University Milt Kessler Poetry Book Award, 2015 Winner, Drake University Emerging Writers Award, 2015 "With her first full-length poetry collection, Warsan Shire introduces us to a young girl, who, in the absence of a nurturing guide, makes her own stumbling way towards womanhood. Drawing from her own life and the lives of loved ones, as well as pop culture and news headlines, Shire finds vivid, unique details in the experiences of refugees and immigrants, mothers and daughters, Black women, and teenage girls. In Shire's hands, lives spring into fullness. This is noisy life: full of music and weeping and surahs and sirens and birds. This is fragrant life: full of blood and perfume and shisha smoke and jasmine and incense. This is polychrome life: full of henna and moonlight and lipstick and turmeric and kohl"--

*Swallowtail*, a collection of poetry by Brenna Twohy is a deep dive into the dissection of popular culture, and how the brightness and horrors of it can be mirrors into the daily lived experiences of women in America.

*The Crown Ain't Worth Much*, Hanif Willis-Abdurraqib's first full-length collection, is a sharp and vulnerable portrayal of city life in the United States. A regular columnist for MTV.com, Abdurraqib brings his interest in pop culture to these poems, analyzing race, gender, family, and the love that finally holds us together even as it threatens to break us. Terrance Hayes writes that Abdurraqib "bridges the bravado and bling of praise with the blood and tears of elegy." The poems in this collection are challenging and accessible at once, as they seek to render real human voices in moments of tragedy and celebration.

Salt.CreateSpace

Racing to freedom with thousands of other refugees as Russian forces close in on their homes in East Prussia, Joana, Emilia, and Florian meet aboard the doomed Wilhelm Gustloff and are forced to trust each other in order to survive.

Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there - on a mote of dust suspended in a sunbeam. - Carl Sagan, "Pale Blue Dot" In 1977, Voyager I was sent into interstellar space on a mission to reach a star 17.6 light-years from Earth. Included on the spacecraft was the Golden Record, or planet Earth's musical "message in a bottle", consisting of sounds and images selected to represent the life and diversity of our planet. The music chosen to be on this interstellar mixtape was handpicked by Carl Sagan and includes the likes of Guan Pinghu, Louis Armstrong, and Blind Willie Johnson. When I first listened to this record, one particular song which stood out for me among the rest was written by a singer from a remote hilly village in the heart of Goa known as Kesarbai Kerkar - a woman whose legacy on Earth has literally "crumbled to dust", while her voice still lives on far away among the stars. Kesarbai's raga, "Jaat kahan ho, akeli gori" was launched into space the same year she died. A billion years from now, when the Earth is nothing but dust, her voice will serve as a reminder among the debris: The universe wastes nothing. What is lost is never truly gone, it is taken back. What we create now will live beyond our own years. This grief is only temporary. Divided into five chapters named after the different full moons, this book is meant to represent the cycles within each one of us. Given the chance to do it all again, relive all the love, grief, joy and heartache of being alive--would you take it? Eventually, we will all be embedded among the stars. This is my "message in a bottle" to the universe. -- pavana reddy pavanareddy.com

Zimbabwe is the first collection of poetry from Zimbabwean born, UK based writer Tapiwa Mugabe. This collection introduces a fresh and bold voice into the rich current that is emerging from young African millennial artists.

Through her role as London's first Young Poet Laureate, Warsan Shire turned her eye to the city, interrogating the capital and its continuing transformation, even while lending voice to its oft unheard or under-represented communities and spaces. Collecting work authored during Shire's tenure, 'Her Blue Body' stands as testament and witness, negotiating the complexities of heritage, cultural sensitivity, sensuality, trauma and womanhood, framed and ordered by a sequence of memorial poems, focused through the lens of Shire's intimate and unflinching vision.

all of theunsleeping. gold sweeping. poems.i have in my hands.

*Dodge The Rain* is the first book of poetry and prose by K.C. Kemp. *Dodge The Rain* touches on lifelong love and our place in it all.

A down-to-earth guide to meditation and getting high on life. *Heavily Meditated* has everything you need to know to get hooked on meditation for good. Presented in a simple, friendly, accessible style that even the busiest of meditation-doubters can relate to, this book clearly outlines: What meditation is Five fundamental meditation techniques (and which one is right for you) Where, when and how to sit How to deal with thoughts Why meditation is so damn good for you How to measure your meditation practice How to set goals and get hooked on meditation How to upgrade your practice from habit to ritual. Filled with exercises, worksheets, cheat sheets and other practical tools, as well as relatable personal stories to light your way, *Heavily Meditated* is your down-to-earth guide to meditation, and how to turn it into a habit that sticks and reap the benefits of a happier, calmer and more intentional life.

From Malawian storyteller Upile Chisala comes the revised and expanded edition of her debut book of poetry. *soft magic* is a collection of poetry and prose exploring the self, joy, blackness, gender, matters of the heart, the experience of Diaspora, spirituality, and above all, how we survive. *soft magic* is a shared healing journey.

Poems.

"Literary pointillism on a funky-out canvas."

"When you're dumb enough for long enough, you're gonna meet someone too smart to love you, and they're gonna love you anyway, and it's gonna go so poorly," Neil Hilborn writes in his debut full-length collection, *OUR NUMBERED DAYS*. In 2013, Hilborn's poem "OCD" went viral, and has amassed over 11 million views to date. While this collection ruminates on love, heartbreak, and mental illness, these poems are anything but saccharine. Hilborn uses the same humor and self-deprecation that propelled "OCD" to success in order to make his unmatched vulnerability all the more powerful. Ultimately, Hilborn is a poet of the people: his work is accessible, honest, and entertaining; a revitalizing entry in contemporary poetry.

From the acclaimed poet behind *bone*, an exploration of how we can meet our truest selves, the ones we've always been meant to become Yrsa Daley-Ward's words have resonated with hundreds of thousands of readers--through her books of poetry and memoir, *bone* and *The Terrible*; through her writing for Beyoncé on *Black Is King*; and through her always illuminating Instagram posts. Now, in *The How*, Yrsa encourages readers to begin, as she puts it, the great work of meeting ourselves. This isn't the self we've built up in response to our surroundings, or the self we manufacture to please the people around us, but instead, our most intimate self, the one we visit in dreams, the one that calls to us from a glimmering future. With a mix of short lyrical musings and her signature stunning poetry, Yrsa gently takes readers by the hand, encouraging them to join her as she explores how we can remove our filters, and see and feel more of who we really are behind the preconceived notions of propriety and manners we've accumulated with age. With a beautiful design and intriguing meditations, *The How* can be used to start conversations, to prompt writing, to delve deeper--whether you're solo, or with friends, on your feet or writing from the solace of home.

Passing meets *The House of Mirth* in this "utterly captivating" (Kathleen Grissom, *New York Times* bestselling author of *The Kitchen House*) historical novel based on the true story of Anita Hemmings, the first black student to attend Vassar, who successfully passed as white—until she let herself grow too attached to the wrong person. Since childhood, Anita Hemmings has longed to attend the country's most exclusive school for women, Vassar College. Now, a bright, beautiful senior in the class of 1897, she is hiding a secret that would have banned her from admission: Anita is the only African-American student ever to attend Vassar. With her olive complexion and dark hair, this daughter of a janitor and descendant of slaves has successfully passed as white, but now finds herself rooming with Louise "Lottie" Taylor, the scion of one of New York's most prominent families. Though Anita has kept herself at a distance from her classmates, Lottie's sphere of influence is inescapable, her energy irresistible, and the two become fast friends. Pulled into her elite world, Anita learns what it's like to be treated as a wealthy, educated white woman—the person everyone believes her to be—and even finds herself in a heady romance with a moneyed Harvard student. It's only when Lottie becomes infatuated with Anita's brother, Frederick, whose skin is almost as light as his sister's, that the situation becomes particularly perilous. And as Anita's college graduation looms, those closest to her will be the ones to dangerously threaten her secret. Set against the vibrant backdrop of the Gilded Age, an era when old money traditions collided with modern ideas, Tanabe has written an unputdownable and emotionally compelling story of hope, sacrifice, and betrayal—and a gripping account of how one woman dared to risk everything for the chance at a better life.

The artistry of *QUESTIONS FOR ADA* defies words, embodying the pain, the passion, and the power of love rising from the depths of our souls. Ijeoma Umebinyuo's poetry is a flower that will blossom in the spirit of every reader as she shares her heart with raw candor. From lyrical lushness to smoky sensuality to raw truths, this tome of transforming verse is the book every woman wants to write but can't until the broken mirrors of their lives have healed. In this gifted author's own words—"I am too full of life to be half-loved." A bold celebration of womanhood.

New York Times-bestselling October Daye series • Hugo Award-winning author Seanan McGuire • "Top of my urban-paranormal series list!" —Felicia Day October "Toby" Daye is finally doing all right—and that inevitably means it's time for things to take a turn for the worse. Someone has kidnapped the sons of the Duchess Dianda Lorden, regent of the Undersea Duchy of Saltmist. To prevent a war between land and sea, Toby must not only find the missing boys, but also prove that the Queen of the Mists was not behind their abduction. She'll need all her tricks and the help of her allies if she wants to make it through this in one piece. Toby's search will take her from the streets of San Francisco to the lands beneath the waves. But someone is determined to stop her—and whoever it is isn't playing by Oberon's Laws. As the battle grows more and more personal, one thing is chillingly clear. When Faerie goes to war, not everyone will walk away. Every heart deserves a voice. From the jungles of Cambodia and a chance encounter with a local medicine woman comes *Be(loved)*, poet Dakota Adan's debut collection of poems, tracing the epic question of what it means to be loved. Hailed as "an essential book for those seeking self-love," this heartfelt anthology lends voice to the heartbreak and healing of our soul's quest to reunite with whom we always hoped we could be—ourselves.

From despair comes loathing, from loathing comes solitude, from solitude comes wisdom, from wisdom comes growth, and from growth sprouts a new perspective on life. This is the core of *The Feeling May Remain*: The icebergs of pain, loss, and grief, submerged in the ocean of love, self-care, and healing. *The Feeling May Remain* brings the first substantial collection of Akif Kichloo's work to the public. The title *Feeling May Remain* can be interpreted as an adjective or as a short declarative sentence, something to think about right away. Amidst the uncertainties of this amazing, terrible, magical, horrible yet beautiful life, as Akif puts it, his writing brings new perspectives to existence, with poems that range from cute and sexy to stark and dead serious, hence speaking in more than one way to the sensibilities of his readers from all over the globe.

From navigating the oft competing worlds of religion and desire, to balancing society's expectations with the raw experience of being a woman in the world; from detailing the experiences of growing up as a first generation black British woman, to working through situations of dependence and abuse; from finding solace in the echoing caverns of

depression and loss, to exploring the vulnerability and redemption in falling in love, each of the raw and immediate poems in Daley-Ward's bone resonate to the core of what it means to be human.

A book of lessons dedicated to our daughters and future daughters, on how to survive.

After writing a poem a day for a year, Shelby Leigh decided to take her favorite works from the challenge and create her debut poetry collection. Beginning with heartbreak and loss and ending with closure and hope, *It Starts Like This* is the narrative of a girl learning to overcome and appreciate all aspects of life. This collection takes you on a journey through love, loss, grieving, and healing and will resonate with you long after you've turned the last page.

The first full-length collection of new poems in decades from San Francisco's groundbreaking feminist Beat poet.

A fierce and lyrical collection of poetry celebrating the moments of triumph and beauty in our lives, as well as the moments of despair—recasting them as opportunities for growth. In this never-before-published collection, poet Upile Chisala grapples with themes of love, loss, and desire. Throughout this third book, she explores her identity as a black Malawian woman, offering intimate reflections on her life and experiences, imparting a stirring, universal message of empowerment and self-love.

From the award-winning and bestselling author of *Cod* comes the dramatic, human story of a simple substance, an element almost as vital as water, that has created fortunes, provoked revolutions, directed economies and enlivened our recipes. Salt is common, easy to obtain and inexpensive. It is the stuff of kitchens and cooking. Yet trade routes were established, alliances built and empires secured – all for something that filled the oceans, bubbled up from springs, formed crusts in lake beds, and thickly veined a large part of the Earth's rock fairly close to the surface. From pre-history until just a century ago – when the mysteries of salt were revealed by modern chemistry and geology – no one knew that salt was virtually everywhere. Accordingly, it was one of the most sought-after commodities in human history. Even today, salt is a major industry. Canada, Kurlansky tells us, is the world's sixth largest salt producer, with salt works in Ontario playing a major role in satisfying the Americans' insatiable demand. As he did in his highly acclaimed *Cod*, Mark Kurlansky once again illuminates the big picture by focusing on one seemingly modest detail. In the process, the world is revealed as never before.

Winner of the 2019 PEN/Jacqueline Bograd Weld Award for Biography Winner of the Lambda Literary Award for LGBTQ Nonfiction Winner of the Shilts-Grahn Triangle Award for Lesbian Nonfiction Winner of the 2019 Phi Beta Kappa Christian Gauss Award A New York Times Notable Book of 2018 A revealing portrait of one of the most gifted and charismatic, yet least understood, Black artists and intellectuals of the twentieth century. Lorraine Hansberry, who died at thirty-four, was by all accounts a force of nature. Although best-known for her work *A Raisin in the Sun*, her short life was full of extraordinary experiences and achievements, and she had an unflinching commitment to social justice, which brought her under FBI surveillance when she was barely in her twenties. While her close friends and contemporaries, like James Baldwin and Nina Simone, have been rightly celebrated, her story has been diminished and relegated to one work—until now. In 2018, Hansberry will get the recognition she deserves with the PBS *American Masters* documentary “Lorraine Hansberry: Sighted Eyes/Feeling Heart” and Imani Perry’s multi-dimensional, illuminating biography, *Looking for Lorraine*. After the success of *A Raisin in the Sun*, Hansberry used her prominence in myriad ways: challenging President Kennedy and his brother to take bolder stances on Civil Rights, supporting African anti-colonial leaders, and confronting the romantic racism of the Beat poets and Village hipsters. Though she married a man, she identified as lesbian and, risking censure and the prospect of being outed, joined one of the nation’s first lesbian organizations. Hansberry associated with many activists, writers, and musicians, including Malcolm X, Langston Hughes, Duke Ellington, Paul Robeson, W.E.B. Du Bois, among others. *Looking for Lorraine* is a powerful insight into Hansberry’s extraordinary life—a life that was tragically cut far too short. A Black Caucus of the American Library Association Honor Book for Nonfiction A 2019 Pauli Murray Book Prize Finalist

Creativity has informed every aspect of Flora Bowley's life. A professional artist whose workshops and online courses have inspired thousands, Bowley believes that every person is here for a profound purpose—a purpose that can be discovered and embraced. This book provides a roadmap for living an art-filled life—a life in which creative expression animates the body, soul, and spirit. Bowley shares tools for plumbing the depths of one's being, and encourages readers to discover inner resources that enable them to live with bravery and spirit. Packed with exercises and prompts to help guide readers through their own process, *The Art of Aliveness* teaches that creativity goes well beyond just "making stuff." Creativity is a whole way of being—one that stands in opposition to productivity for productivity's sake. A full life, infused with Aliveness, is a life of courage, intuition, spontaneity, discernment, and joy. If your creative potential feels buried beneath years of old stories and stagnant patterns, it's never too late to revitalize these parts of yourself. This book shows you how.

Divided into five chapters and illustrated by Kaur, *the sun and her flowers* is a journey of wilting, falling, rooting, rising, and blooming. A celebration of love in all its forms. this is the recipe of life said my mother as she held me in her arms as i wept think of those flowers you plant in the garden each year they will teach you that people too must wilt fall root rise in order to bloom

A magnet for trade and travellers from all over the world, stylish, cosmopolitan Amsterdam is a city of dreams and nightmares, of grand civic architecture and legendary beauty, but also of civil wars, bloody religious purges, and the tragedy of Anne Frank. In this fascinating examination of the city's soul, part history, part travel guide, Geert Mak imaginatively recreates the lives of the early Amsterdammers, and traces Amsterdam's progress from waterlogged settlement to a major financial centre and thriving modern metropolis

From beloved Malawian storyteller Upile Chisala comes the revised and expanded edition of her second collection of poetry. In *nectar*, Chisala guides readers through a beautiful process of growth and renewal. These poems celebrate our always complex, sometimes troubled roots while encouraging us to grow through and beyond them toward a passionate self-love. Chisala's hope is that her words will encourage readers to sow seeds of change in their own lives and the lives of others.

Take back your Power, your Glorious and Rise! "I'm Rising: Determined. Confident. Powerful." takes the reader on an emotive journey of empowerment through life's countless triumphs and tribulations. Above all else, it inspires one to tap into their infinite potential so they can overcome any obstacle that appears on their unique path. Through heartfelt storytelling, alliterative diction, and soul-awakening themes, this empathic poetess instills each reader with an unwavering sense of perseverance, courage, and compassion. This uplifting book is more than a mere collection of poetic musings, it serves as a powerful tool of self-love and personal transformation that belongs on every fierce soul's bookshelf—or better yet, on their nightstand for their daily dose of inspiration each time they rise. The collection offers poems for women and men urging us to stretch and grow to our fullest potential. The empowering prose offers encouraging words with a call to action to harness our self-confidence to achieve the goals we were destined to shatter. Whether in search of a connection, shared experiences, healing thoughts or encouragement, this self-help collection offers ready salves to our daily life experiences. *I'm Rising* is organized into three chapters entitled *Evolving*, *Resilience*, and *Rising* to aid in finding those special words meant for us.

"With astringent understatement and wry economy, with nuance and intelligence and an enviable command of syntax and poetic line, Victoria Chang dissects the venerable practices of cultural piety and self-regard. She is a master of the thumbnail narrative. She can wield a dark eroticism. She is determined to tackle subject matter that is not readily subdued to the proportions of lyric. Her talent is conspicuous."—Linda Gregerson "Chang's voice is equal parts searing, vulnerable, and terrified."—*American Poets* Barbie Chang, Victoria Chang explores racial prejudice, sexual privilege, and the disillusionment of love through a reimagining of Barbie—perfect in the cultural imagination yet repeatedly falling short as she pursues the American dream. This energetic string of linked poems is full of wordplay, humor, and biting social commentary involving the quote-unquote speaker, Barbie Chang, a disillusioned Asian-American suburbanite. By turns woeful and

passionate, playful and incisive, these poems reveal a voice insisting that "even silence is not silent." From "Barbie Chang Lives": Barbie Chang lives on Facebook has a house on Facebook street so she can erase herself Facebook is a country with no trees it allows her to believe people love her don't want to cover her Barbie Chang . . . Victoria Chang is the author of three previous poetry books. In 2013, she won the PEN Center USA Literary Award and a California Book Award. Chang teaches poetry at Chapman University and lives in Southern California.

Winner of the PEN Ackerley Prize • Longlisted for the 2019 PEN Open Book Award "Devastating and lyrical." —The New York Times "Suspenseful and affecting." —The New Yorker From the celebrated poet behind *Bone*, a collection of poems that tells a story of coming-of-age, uncovering the cruelty and beauty of the world, going under, and finding redemption Through her signature sharp, searing poems, this is the story of Yrsa Daley-Ward and all the things that happened. "Even the terrible things. And God, there were terrible things." It's about her childhood in the northwest of England with her beautiful, careworn mother Marcia; the man formerly known as Dad (half fun, half frightening); and her little brother Roo, who sees things written in the stars. It's also about the surreal magic of adolescence, about growing up and discovering the power and fear of sexuality, about pitch-gray days of pills and powder and connection. It's about damage and pain, but also joy. With raw intensity and shocking honesty, *The Terrible* is a collection of poems that tells the story of what it means to lose yourself and find your voice. "You may not run away from the thing that you are because it comes and comes and comes as sure as you breathe."

The book is divided into four chapters, and each chapter serves a different purpose. Deals with a different pain. Heals a different heartache. *Milk and Honey* takes readers through a journey of the most bitter moments in life and finds sweetness in them because there is sweetness everywhere if you are just willing to look.

This collection travels through the dynamics of diaspora and colorism across borderlines and cultures, as well as those within. Alexandra Elle writes frankly about her experience as a young, single mother while she celebrates her triumph over adversity and promotes resilience and self-care in her readers. This book of all-new poems from the beloved author of *Words From A Wanderer* and *Love In My Language* is a quotable companion on the road to healing.

America was made by the railroads. The opening of the Baltimore & Ohio line—the first American railroad—in the 1830s sparked a national revolution in the way that people lived thanks to the speed and convenience of train travel. Promoted by visionaries and built through heroic effort, the American railroad network was bigger in every sense than Europe's, and facilitated everything from long-distance travel to commuting and transporting goods to waging war. It united far-flung parts of the country, boosted economic development, and was the catalyst for America's rise to world-power status. Every American town, great or small, aspired to be connected to a railroad and by the turn of the century, almost every American lived within easy access of a station. By the early 1900s, the United States was covered in a latticework of more than 200,000 miles of railroad track and a series of magisterial termini, all built and controlled by the biggest corporations in the land. The railroads dominated the American landscape for more than a hundred years but by the middle of the twentieth century, the automobile, the truck, and the airplane had eclipsed the railroads and the nation started to forget them. In *The Great Railroad Revolution*, renowned railroad expert Christian Wolmar tells the extraordinary story of the rise and the fall of the greatest of all American endeavors, and argues that the time has come for America to reclaim and celebrate its often-overlooked rail heritage.

[Copyright: b1eae7aba72b4d4bd1be6187215e79c1](https://www.amazon.com/dp/B07215E79C)