



Saved by a Poem: The Transformative Power of Words

Kim Rosen

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Saved by a Poem: The Transformative Power of Words Kim Rosen

Can someone really be saved by a poem? In **Kim Rosen**'s book, the answer is a resounding "Yes!" Poetry, the most ancient form of prayer, is a necessary medicine for our times: a companion through difficulty; a guide when we are lost; a salve when we are wounded; and a conduit to an inner source of joy, freedom, and insight.

Whether you are a lover of poetry or have yet to discover its power, Rosen offers a new way to experience a poem. She encourages you to feel the poem as you might an affirmation or sacred text, which can align every level of your being.

In an uncertain world, *Saved by a Poem* is an emphatic call to cultivate the ever-renewable resources of the heart. Through poetry, the unspeakable can be spoken, the unendurable endured, and the miraculous shared. Weaving teaching, story, verse, and memoir, Rosen guides you to find a poem that speaks to you so you can take it into your life and become a voice for its wisdom in the world.

Inspirational audio download included! *Featuring the voices of well-known authors reading a favorite poem and discussing its personal significance:* Joan Borysenko, Andrew Harvey, Jane Hirshfield, Marie Howe, Grace Yi-Nan Howe, Robert Holden, Stanley Kunitz, Elizabeth Lesser, Thomas Moore, Christiane Northrup, Cheryl Richardson, Kim Rosen, and Geneen Roth.

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