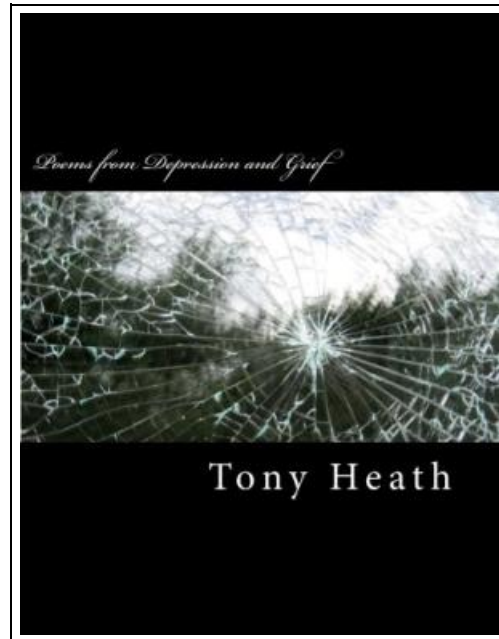


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A small collection of poems that were created from a period of depression that was made even more difficult by grief. The words are from the heart and not written by a professional writer but from an ordinary man suffering and trying to live with a breakdown, depression, grief and thoughts of taking his own life. Nothing unusual you may say and you would be right, like many before him and unfortunately many still to suffer this indiscriminate condition Tony found himself in a place so dark, so inescapable and so frightening that he was forced into doing something that had never been easy for him.open up and talk. One piece of advice stuck in my head, try putting your thoughts down on paper. After writing 6 whole A4 pages of my feelings and thoughts I read back of what I had written, I was reading the work of a madman - I would have locked me up in a mental institution! That night my head literally ached with the thoughts and words that felt trapped so I put my first poem into the written word and put it as my status on Facebook. The feedback from my friends was unexpected and made the tears run freely. It was some of these friends who said I should get my work published.so here it is. I hope you enjoy it.



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