



For Nocturnal Souls (Paperback)

By Jada Bender

Xlibris, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. For Nocturnal Souls is a compilation of original poems written by poet Jada N. Bender broken down into two sections entitled Book I: Confessions to Constellations and Book II: Release vs Restraint. The entirety of the work, which is written in the form of journal entries, chronicles the plight of a young woman whose life spirals out of control and down a path of depression, anxiety, self-loathing, grief, and insomnia when she becomes involved with older men in an attempt to fill the void left by her absent father. Each poem documents the harsh reality faced by many young adults who fall victim to unrequited love and wrongly internalize it as their own inability to be loved. Ultimately, the poet succeeds at making the compilation relatable by confessing freely and by boldly talking about issues society is still afraid to acknowledge, all while giving a lesson in self-love and the secret to transcending.

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