



The Poetry Pharmacy: Tried-and-True Prescriptions for the Heart, Mind and Soul (Hardback)

By William Sieghart

Penguin Books Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Truly a marvellous collection . There is balm for the soul, fire for the belly, a cooling compress for the fevered brow, solace for the wounded, an arm around the lonely shoulder - the whole collection is a matchless compound of hug, tonic and kiss Stephen Fry Sometimes only a poem will do. These poetic prescriptions and wise words of advice offer comfort, delight and inspiration for all; a space for reflection, and that precious realization - I m not the only one who feels like this. In the years since he first had the idea of prescribing short, powerful poems for all manner of spiritual ailments, William Sieghart has taken his Poetry Pharmacy around the length and breadth of Britain, into the pages of the Guardian, onto BBC Radio 4 and onto the television, honing his prescriptions all the time. This pocket-sized book presents the most essential poems in his dispensary: those which, again and again, have really shown themselves to work. Whether you are suffering from loneliness, lack of courage, heartbreak, hopelessness, or even from an excess of ego, there is something here to ease...



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- Audra Klocko PhD

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Germaine Welch