

## Nayyirah Waheed Salt Free

The spirit of the poetic flowering of the 1960s is encapsulated in this comprehensive anthology. The collection gives voice to some fifty poets from Kenya, Uganda and Zambia, writing in English. The diversity of the interests and styles of the individual poets is illustrated: a blend of the gentle lyricism that is a feature of East African writing. All the major poets are included, and many not so well known. Amongst the best known are Jared Angira, Jonathan Kariara, Joseph Kariuki, Taban Lo Liyong, Okot p'Bitek, and David Rubadiri - one of the editors.

"Literary pointillism on a funk-ed-out canvas."

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

A sensational tale of obsession and murder from a wonderful writer. 'An outstanding novel, fresh and unusual [with] all the dirt, stink, rasp and flavour of the time.' Daily Telegraph

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.

Preparing My Daughter for Rain

Nectar

The Great Railroad Revolution

The Sun and Her Flowers

The Forgetting Tree

Be (loved)

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 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."

"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.*

*Salt.CreateSpace*

*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.*

*Buddha Poems from Beat to Hiphop*

*Barbie Chang*

*Questions for Ada*

*Salt*

*bone*

*Playing with Fire*

From blissful to woeful, Filipino Instagram poet and writer Nichomachus presents a completely new collection of poetry and prose with a burning theme, in his debut poetry collection, 'Playing with Fire'. Divided into four chapters, the book ignites an intense breadth of emotions crafted and inspired by the author's experiences on love and its aftermath: how it creates the sparks, the flames, the burns, and the painful scars.

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.

A radio play in verse, comprised of three intertwining monologues by women in a maternity ward.

Poems of migration, womanhood, trauma, and resilience from the celebrated collaborator on Beyoncé's Lemonade and Black Is King, award-winning Somali British poet Warsan Shire "The beautifully crafted poems in this collection are fiercely tender gifts."—Roxane Gay, author of Bad Feminist "Shire is the real thing—fresh, cutting, indisputably alive."—Dwight Garner, The New York Times Mama, I made it / out of your home / alive, raised by / the voices / in my head. 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 way toward womanhood. Drawing from her own life, 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. The long-awaited collection from one of our most exciting contemporary poets, this book is a blessing, an incantatory celebration of resilience and survival. Each reader will come away changed.

With the same unique vision that brought his now classic Mars trilogy to vivid life, bestselling author Kim Stanley Robinson boldly imagines an alternate history of the last seven hundred years. In his grandest work yet, the acclaimed storyteller constructs a world vastly different from the one we know. . . . "A thoughtful, magisterial alternate history from one of science fiction's most important writers."—The New York Times Book Review It is the fourteenth century and one of the most apocalyptic events in human history is set to occur—the coming of the Black Death. History teaches us that a third of Europe's population was destroyed. But what if the plague had killed 99 percent of the population instead? How would the world have changed? This is a look at the history that could have been—one that stretches across centuries, sees dynasties and nations rise and crumble, and spans horrible famine and magnificent innovation. Through the eyes of soldiers and kings, explorers and philosophers, slaves and scholars, Robinson navigates a world where Buddhism and Islam are the most influential and practiced religions, while Christianity is merely a historical footnote. Probing the most profound questions as only he can, Robinson shines his extraordinary light on the place of religion, culture, power—and even love—in this bold New World. "Exceptional and engrossing."—New York Post "Ambitious . . . ingenious."—Newsday

*Poems*

*The Book Of Gold Leaves*

Salt.

Notes on the Great Work of Meeting Yourself

Soft Magic

The Little Book of Vegan Poems

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.

"Yrsa Daley-Ward's bone is a symphony of breaking and mending. . . . she lays her hands on the pulse of the thing. . . . an expert storyteller. of the rarest. and purest kind." —Nayyirah Waheed, author of Salt. From the celebrated poet Yrsa Daley-Ward, a poignant collection of poems about the heart, life, and the inner self. Foreword by Kiese Laymon, author of Heavy: An American Memoir Bone. Visceral. Close to. Stark. The poems in Yrsa Daley-Ward's collection Bone are exactly that: reflections on a particular life honed to their essence—so clear and pared-down, they become universal. 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 resonates to the core of what it means to be human. "You will come away bruised. You will come away bruised but this will give you poetry."

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.

If you are underwhelmed by me, please just let me go... Poems for the End of the World is a coming-of-age collection and exploration of the confusing and disillusioning trek through young adulthood in a broken world. Divided into four chapters—waking up, growing pains, crushing realities, and disappointing beginnings—this collection covers everything from self-discovery and heartbreak to chronic illness and fresh starts.

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.

Tell Me Where It Hurts

Milk and Honey

Three Women

a fire like you

Salt to the Sea

The How

***This completely original collection of poetry and prose will not only delight her avid fans but is sure to capture the imagination of a whole new audience. With the turn of every page, Sea of Strangers invites you to go beyond love and loss to explore themes of self-discovery and empowerment as you navigate your way around the human heart.***

***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.***

***With poems from spiritual teachers to jazz musicians, from the monastery to the street, What Book!? brings together a broad range of verse, expressions of living in an awakened way. "A poet once located poetry as somewhere before or after words take place. Mindfulness is the practice of finding that realm, dwelling there, and cultivating the ability to live completely in the present, deeply aware and appreciative of life." - from the author's Preface. "This enigmatically titled anthology offers numerous delights and valuable evidence that great poetic variety, from haiku and witty two liners to page-long discourses, has by now given distinct expression to Western Buddhism." - Publisher's Weekly.***

***Rupi Kaur performs the first-ever recording of the sun and her flowers, her second #1 New York Times bestselling collection of poetry and prose. This production was recorded in 2021 along with the brand-new audio edition of Milk and Honey and the debut audio recording of Home Body. Divided into five chapters, this volume is a journey through the life cycle of wilting, falling, rooting, rising, and blooming. It is a celebration of love in all its forms.***

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

***: Notes on How to Heal and Survive.***

***In Stitches***

***Poems from East Africa***

***The Years of Rice and Salt***

## **The Terrible**

### **Teaching My Mother How to Give Birth**

#### **Poems.**

*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.*

*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.*

*Where our real home might be is tricky to say. In a way that is the point. Some people say that it is the body, but I think the body is more of a channel that leads us home. Ultimate reality is our home. It is here and now. In 2016, two artists embarked a cargo ship and retraced a route of the Transatlantic Slave Triangle - Europe, Africa, the Caribbean - all the while contemplating the notion of home. Both real and imagined, it was a journey to the bottom of the Atlantic Ocean, propelled by questions and grief; a journey backwards in order to go forwards, a diaspora. This show is what they brought back.*

*Selina Thompson's Salt premiered at Southbank Centre in July 2017, and went on to tour in the UK, Australia, Canada and Brazil. Winner of The Stage Edinburgh Award, The Total Theatre Award for Experimentation, Innovation and Playing with Form, and The Filipa Bragança Award. Shortlisted for the Amnesty International Freedom of Expression Award.*

*\*Shortlisted for the DSC Prize for South Asian Literature 2016\* Mirza Waheed's extraordinary new novel The Book of Gold Leaves is a heartbreaking love story set in war-torn Kashmir. In an ancient house in the city of Srinagar, Faiz paints exquisite Papier Mache pencil boxes for tourists. Evening is beginning to slip into night when he sets off for the shrine. There he finds the woman with the long black hair. Roohi is prostrate before her God. She begs for the boy of her dreams to come and take her away. Roohi wants a love story. An age-old tale of love, war, temptation, duty and choice, The Book of Gold Leaves is a heartbreaking tale of a what might have been, what could have been, if only. 'I loved it. The voice is lyrical, to match the beauty of Kashmir, and yet it is tinged with melancholy and grief, as is the story it tells' Nadeem Aslam (on The Collaborator) 'Waheed's prose burns with the fever of anger and despair; the scenes in the valley are exceptional, conveying, a hallucinatory living nightmare that has become an everyday reality for Kashmiris' Metro (on The Collaborator) Mirza Waheed was born and brought up in Kashmir. His debut novel The Collaborator was shortlisted for the Guardian First Book Award and the Shakti Bhat Prize, and longlisted for the Desmond Elliott Prize. It was also book of the year for The Telegraph, New Statesman, Financial Times, Business Standard and Telegraph India, among others. Waheed has written for the BBC, The Guardian, Granta, Al Jazeera English and the New York Times. He lives in London.*

#### **Sea of Strangers**

#### **A Collection of Poetry and Prose**

#### **What Book!?**

#### **Volumes of Words Unspoken**

#### **A Rememory**

#### **Flux**

**Flux is a somber narrative, an ode to change, a collection of poetry and prose written from the many states of grief over a broken heart. With original illustrations by artist Katie Roberts, Orion Carloto creates a dream world for the brokenhearted and paints a whimsical picture around the themes of love, loss, solitude, depression, sex, nostalgia, and unrequited romance. Flux takes readers through a raw and sorrowful journey of each and every bitter moment of heartbreak. Forewarning, Flux is best read with a warm cup of coffee in hand.**

**'soft magic.' is the debut collection of prose and poetry by Malawian writer, Upile Chisala. This book explores the self, joy, blackness, gender, matters of the heart, the experience of Diaspora, spirituality and most of all, how we survive. 'soft magic.' is a shared healing journey.**

**The celebrity cosmetic surgery blogger describes his misfit youth as a nerdy Korean-American student with a misshapen jaw whose life-changing surgery led him to become a successful plastic surgeon.**

**How does one describe a feeling? Some say there are no words that can perfectly reproduce one's feelings in another-but poetry comes close. Written with incredible honesty and self-knowledge, Between the Lines is a stunning collection of poems from Céline Zabad. Ranging in length from a single line to full pages, her poems mimic at once the brevity and vastness of feeling. Her verse is at times as free as a cloud, other times as solid as stone. Her words are philosophies and feelings in their own rights, on love, loss, loyalty, betrayal, hope, and disappointment-on life. Zabad encapsulates the thrill of love's first blush and the freezing burn of heartbreak. Her feelings flow freely throughout the collection, lending her poetry uncommon authenticity and power. Nature thrives between the lines of her verse, reminding the reader that tears are as natural as raindrops.**

**Whether you're looking for new ways to think about your own feelings or are simply passionate about poetry, you'll find plenty to love in this collection. To better understand the complexities of emotion in yourself and others, you must read Between the Lines.**

**the search for peace and clarity.**

**Bless the Daughter Raised by a Voice in Her Head**

**As Meat Loves Salt**

**Poems for the End of the World**

**Rest in the Mourning**

**A World History**

**The Feeling May Remain**

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

*A collection of twenty-two new "radical rapper" poems concerned with the care and non-exploitation of all species.*

*A personal narrative of past and present racial violence and resistance to terror in the United States.*

*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*

*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.*

*A Storyteller's Memoir*

*The History of Trains in America*

*Poetry and Prose for the Journey Home*

*Between the Lines*

*Neon Soul*

*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.*

*A Novel*

*Where Do You Go Alone*

*swallowtail*

*Nejma*