

MICHAEL O'MARA BOOKS



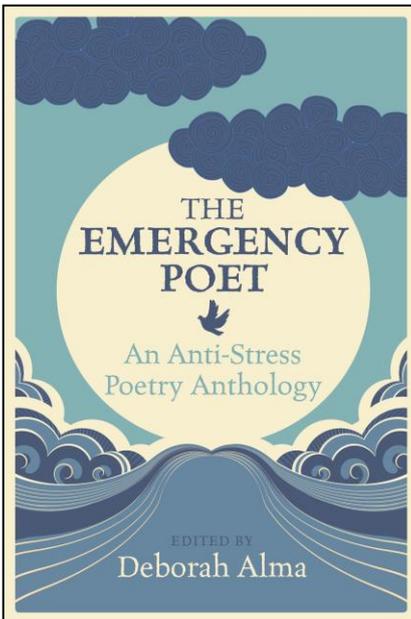
THE EMERGENCY POET

An Anti-Stress Poetry Anthology

Compiled by Deborah Alma

Published 1st October 2015

Hardback, £9.99



Growing up on a North London council estate where poetry was considered 'poncy', difficult and 'not for us' inspired Deborah Alma to take to the road and prove that poetry is for everyone: she is the world's first and only **emergency poet**. She tours in her 1970s ambulance offering consultations and prescribing verses for whatever ails her visitors. Here is

her wisdom distilled into an anthology of poetry cures, whether you're suffering from stress, sadness or insomnia. This volume brings together much-loved classics and new, undiscovered gems to suit every mood and malady and bring solace to the soul.

In hospitals and care homes, schools and colleges, festivals, libraries and in town centres, Deborah prescribes poems to calm, guide and fight isolation, and now readers can dip into this collection of her favourites whenever they need to.



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Includes:

For when the world is too much with us * Carpe diem * 'Now I become myself' * Love * Getting older * 'Be alive every minute of your life' * 'Talking to grief' * Courage & inspiration * Hope * Tonics to lift the spirits

Whether you're seeking words to express the burden of grief, the bittersweet emotions of parenthood, the elation of love or the joy to be found in simple things, *The Emergency Poet* is an invaluable manual for modern life. Poems are included by Christina Rossetti, W B Yeats, Seamus Heaney, Gerard Manley Hopkins, e. e. cummings, W H Davies, William Wordsworth and John Clare as well as dozens of modern voices, some previously unpublished, who will quickly become new favourites.

True Tales of the Countryside, Deborah's debut poetry pamphlet, is published by the Emma Press, 22nd October 2015. For information contact Emma Wright queries@theemmapress.com / 0796 341 8577

Find Deborah online:

Emergencypoet.com  @emergencypoet  Emergency Poet, Writer

Find Michael O'Mara Books online:

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Media opportunities

- Deborah is an experienced broadcaster and is available for interview and to give consultations
- Author articles on the poetry cure and how to get over a fear of poetry
- Author events
- A beautiful Christmas gift
- Competition prizes: books and consultations with Deborah

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