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The Emergency Poet An Anti-Stress Poetry Anthology

Edited by Deborah Alma (The Emergency Poet)

Keynote

The collection has been carefully compiled by Deborah Alma, the world's first and only emergency poet, who travels to schools, libraries, festivals and other events in her 1970s ambulance to offer consultations and prescribe poems as cures for various maladies.

Description

A brilliant new anthology of poems that will help you to overcome stress, depression and other anxieties.

Arranged by spiritual ailment, the sections include a range of verse, new and old, which may be of comfort to those in need of a pick-me-up for the soul.

The collection has been carefully compiled by Deborah Alma, the world's first and only emergency poet, who travels to schools, libraries, festivals and other events in her 1970s ambulance to offer consultations and prescribe poems as cures for various maladies.

This collection is designed to lift your mood and offers poetic help whenever it may be required.

Other poetry collections include *The Everyday Poet: Poems to Live By*.

Sales Points

- A wonderful and varied collection of poems designed to improve your mood
- Compiled by Deborah Alma, the world's first and only emergency poet. She travels in her 1970s ambulance, prescribing poems to comfort, purge melancholy, provide hope and give courage
- With sections on love, getting older, grief and self-acceptance
- Features poets new and old, including William Wordsworth, Emily Dickinson, Dylan Thomas, Seamus Heaney, Jane Hirshfield, Elaine Feinstein and May Sarton
- From the publishers of *Tyger Tyger Burning Bright* (over 30,000 copies sold) and *I Wandered Lonely as a Cloud*

Reviews

- 'Overcome stress, feeling low and other anxieties with The Emergency Poet' - *Top Sante Magazine*
- 'She prescribes poems for all kinds of ills and this collection is a lovely read.' - *The Sun*
- 'This thoughtful and moving anthology distils her warmth and wisdom into 'verse cures' aimed at a variety of ills from insomnia and stress to sadness and the burdens of grief, allowing readers to dip into their favorites as and when the mood takes them.' - *Lancashire Evening Post*
- 'Overcome the blues, stress and anxiety with this pick-me-up for the soul.' - *Woman's Weekly Magazine*

Author Biography

Deborah Alma is the Emergency Poet – the world's first and only mobile poetic first aid service. A mix of the serious, the therapeutic and the theatrical, the Emergency Poet offers consultations inside her ambulance and prescribes poems as cures. Dressed in white coat and stethoscope, she travels in her 1970s ambulance, accompanied by Nurse Verse or The Poemedic to literary and music festivals, libraries, schools, pubs, weddings and conferences ... anywhere that poetic help may be urgently required.