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Ten Poems to Change Your Life

By Roger Housden



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Ten Poems to Change Your Life By Roger Housden

This is a dangerous book. Great poetry calls into question not less than everything. It dares us to break free from the safe strategies of the cautious mind. It opens us to pain and joy and delight. It amazes, startles, pierces, and transforms us. It can lead to communion and grace.

Through the voices of ten inspiring poets and his own reflections, the author of *Sacred America* shows how poetry illuminates the eternal feelings and desires that stir the human heart and soul. These poems explore such universal themes as the awakening of wonder, the longing for love, the wisdom of dreams, and the courage required to live an authentic life. In thoughtful commentary on each work, Housden offers glimpses into his personal spiritual journey and invites readers to contemplate the significance of the poet's message in their own lives.

In **Ten Poems to Change Your Life**, Roger Housden shows how these astonishing poems can inspire you to live what you always knew in your bones but never had the words for.

"The Journey" by Mary Oliver

"Last Night as I Was Sleeping" by Antonio Machado

"Song of Myself" by Walt Whitman

"Zero Circle" by Rumi

"The Time Before Death" by Kabir

"Ode to My Socks" by Pablo Neruda

"Last Gods" by Galway Kinnell

"For the Anniversary of My Death" by W. S. Merwin

"Love After Love" by Derek Walcott

"The Dark Night" by St. John of the Cross



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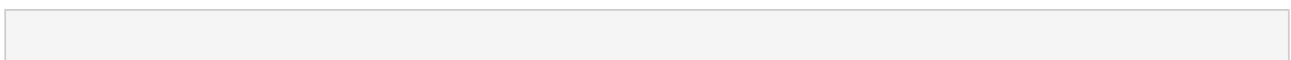
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Editorial Review

Review

"In Ten Poems to Change Your Life Housden offers a unique map for the Soul's journey and encourages us to begin. Accessible, elegant, luminous, and wise, this book is Soul food."

-- Rachel Naomi Remen, M.D., author of Kitchen Table Wisdom and My Grandfather's Blessings

From the Inside Flap

This is a dangerous book. Great poetry calls into question not less than everything. It dares us to break free from the safe strategies of the cautious mind. It opens us to pain and joy and delight. It amazes, startles, pierces, and transforms us. It can lead to communion and grace.

Through the voices of ten inspiring poets and his own reflections, the author of Sacred America shows how poetry illuminates the eternal feelings and desires that stir the human heart and soul. These poems explore such universal themes as the awakening of wonder, the longing for love, the wisdom of dreams, and the courage required to live an authentic life. In thoughtful commentary on each work, Housden offers glimpses into his personal spiritual journey and invites readers to contemplate the significance of the poet's message in their own lives.

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From the Back Cover

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