

THROUGH THE STRUGGLE: A POETIC JOURNAL OF DESPAIR AND HOPE

Pages: 125

Publisher: Ghost Writer Publishing (April 18, 2018)

Format: pdf, epub

Language: English

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Through The Struggle **A poetic journal of despair and hope** By Kim Haverhals Copyright © Kimberly Haverhals 2018 All Rights Reserved Image and Cover Copyright © Kimberly Haverhals 2018 All Rights Reserved This is a work of fiction. Names, characters, businesses, places, events, and incidents are either products of the author's imagination or used in a fictitious manner. Any resemblance to actual persons, living or dead, or actual events is purely coincidental or used by permission. Reproduction in whole or in part of this publication without express written consent is strictly prohibited. I greatly appreciate you reading my work. Please consider leaving a review and telling your friends to help spread the word.

Dedication I dedicate this book to my dear daughter Talyn; The very best of my life.

Preface This is the journal of young woman whose life's journey has been rocky and rough. These are her words as her journey progressed. Though the images are often dark, they only serve to paint a picture of the pain and the hope. No life is complete until it is and this woman's journey is not complete, although as a reader you will want to cry at times and laugh at others, her words will pierce into your soul and maybe, just maybe give you hope in your pain and darkness. Sometimes her mindset, as reflected in her passages, is confusing, but if you persevere all will become clear. The dates on the final passages of this journey are intended to show progress toward hope. All the passages are sequential in this book and therefore mirror her journey. Consequently, they reflect all the valleys and mountains one would expect to traverse in a difficult journey. Now, start your own journey through this woman's soul and discover your own. Keep your tissue nearby...you might need it. **Contents** [Dedication](#) [Preface](#) [In Your Heart](#) [Stripped](#) [Those That Think Can Be Skin Deep](#) [Find Me Still, As I Am](#) [Inspire](#) [The Other Side](#) [Rain and Raine](#) [As I Am](#) [Afraid](#) [Scandalous](#) [Creatures](#) [Moon Shining](#) [Not Lust](#) [My Darkness](#) [The Princess](#) [What Did I Do?](#) [Liberation](#) [Forever Getaway](#) [Malevolent Behavior](#) [Silent Warrior](#) [Symbolism](#) [Okay](#) [Live, Love, Laugh](#) [Beloved](#) [To Those I Love](#) [Speaks, Jojo and I](#) [The Princess](#) [To Which](#) [What Kind of Girl](#) [Just Karma](#) [Lying Eyes](#) [What a Conundrum](#) [I Don't Want This](#) [Numbness](#) [Ode to the Daughter](#) [A Whispering Wind](#) [To Those I Love](#) [A Fairy Tale](#) [To a Terrific Night](#) [Your Mind](#) [Now in Therapy](#) [Our Days](#) [When For This Heart](#) [The Other Side](#) [Happiness](#) [Gained A Little](#) [My Love](#) [The Bridge](#) [To Capture the Rapture](#) [The Vision](#) [Forever Land](#) [No More](#) [Black Colors](#) [Have You Ever](#) [Girl Misunderstood](#) [To Know Me](#) [The In-Between](#) [What to Say- What to Do](#) [I Feel](#) [It's Not About You](#) [Cutting the Ties](#) [From A Distance](#) [Within](#) [The Gathering](#) [Forever Getaway](#) [I am the Ninja](#) [Disturbed](#) [Tendencies](#) [The Selfish Warrior](#) [Bonnie and Clyde](#) [Symbolism](#) [Enter Today](#) [My Light House](#) [For The](#) [Tears](#) [Swallowed in the Shadows](#) [Anew](#) [Inspired](#) [Lost the Faith](#) [No Misery](#) [On A Search](#) [The Brightness](#) [My Path](#) [To See](#) [What to Expect](#) [To Be or NOT](#) [CHECKIN In](#) [Awake](#) [To Live](#) [Live Your Lies](#) [The Day of Love](#) [Broken Halos](#) [Epilogue](#) [About the Author](#) 1- **Some days are for hanging out, whereas some are for reflection.**

In Your Heart

To those that travel the earth You will find a place of heaven Which you can never tell- Enjoy the

green waters and peace it gives you...It's in your heart, Not your body. Enjoy while you can. Love comes from there. Not lust.

Stripped I have been stripped of dignity, Gained intelligence, Lost my mother, My uncle, I gave eighteen months to your stupidity. When are you going to run someone else's life - Because of your selfish addiction? "B," I hope you know that if you ever come near my familia, You will join those you have been broken. Your selfishness killed my soul as I tried to save yours. You destroyed my mine. I loved your parents. And for all that, I did not know about you; You almost destroyed me. So, here I say I can no longer protect you from those dark Angels That will haunt you forever. No one can. The blessed Cross means nothing To those I say curse you. But, bless your familia. They are the best that you are not.

Those That Think For those that think that they are not good enough for this existence. Cry not for yourself. Lift your head high. Chin up and say, "I deserve the sun and the moon." Now walk with me on an endeavor you would never expect. Sun, sand, moon barefoot; No cares just freedom. Be you. Not ever a mold Where you are trapped. Display your spirit For all to see And stare at the stars and the moon.

Can Be Skin Deep I had an experience that made me feel alive. I looked at myself And spoke within myself. There is the joy I have always thought I had. It was right in my face and eyes. For just a moment, I felt myself through a lens And I was proud. For I am a tiger and I feel like roaring. I will never let anyone stand on my neck again.

Find Me To become the person within is a very hard task. I have been trying to find me. I almost found me. I am on a journey. Where shall this journey take me. The destination will be where my boots are. Sand, sun, and ocean are what I need to express Who I have become. I am trying to please And always wearing my wings. **From My Heart** To those that forgive me thank you. To those that hinder me, You shall see the true light of me. All that have forsaken, Me - I feel sorry for you. I am not a piece or a trophy. I will be who I am. With that DON'T CHANGE A WOLF. Its pack is stronger than you can imagine. We stand. We survive And love the moon. I am darkness, Only to see the sunrise again. **Still, As I Am** Do you ever come across someone you never imagine would give you the light. I did. There is still hope, passion, Maybe Love. Hatred dark dreams - You'll wake to the sun, and fall asleep within the Moon, And to the ocean - I live it, feel it, Moves me in ways I love, Dream, Hide. Until one day, People will see me - The true Me.

Inspire To inspire is a gift Not to be taken lightly. Within an impression of support and belief, I said to myself with great gratitude and selflessness, My inspiration comes from someone close. My guide to my source. I give this to him in honor and honesty. Forever shall my closest friend, In fact, my only friend.

This is the journal of young woman whose life's journey has been rocky and rough. These are her words as her journey progressed. Though the images are often dark, they only serve to paint a picture of the pain and the hope. No life is complete until it is and this woman's journey is not complete, although as a reader you will want to cry at times and laugh at others, her words will pierce into your soul and maybe, just maybe give you hope in your pain and darkness. Sometimes her mindset, as reflected in her passages, is confusing, but if you persevere all will become clear. The dates on the final passages of this journey are intended to show progress toward hope. All the passages are sequential in this book and therefore mirror her journey. Consequently, they reflect all the valleys and mountains one would expect to traverse in a difficult journey. Now, start your own journey through this woman's soul and discover your own. Keep your tissue nearby; you might need it.

Motivational Spoken Word - About Faith in Poetry. in a world full of greed dishonesty and despair. It is during these times that we need hope most of all.. In our annual print journal, we feature fiction, creative nonfiction, poetry, graphic A new book shares how God offers a framework for the life and work of Britain's longest reigning monarch. New book project: The hopeless university - in the United States of America. It is the policy of NCTE in its journals and other publications to provide a forum for. The book voices strong opinions, which I hope will help to open. turnaround in poetry's ever-struggling battle for cultural acceptance in. America.... subjects of love, courage, hope, and despair. A native of THROUGH THE STRUGGLE: A POETIC JOURNAL OF - Beyond the Dark Veil: Hope and Despair in Bright Molande's Seasons. Article (PDF Available) in Journal of Poetry Therapy 25(1):9-21 From Despair to Hope and Healing: One Woman's Journey in - Articles Haymarket Books - The Spectator Dog prayer rainbow bridge - Bacch Bridge - In the end we realize that this is the poet's younger self interrogating his older self. Thus the reader/listener is brought into the heart of the political struggle. You write to your imaginary lover: "I wish you despair for you, my love, Grief, translated by Ibrahim Muhawi, is published by Archipelago Books. What's the Point? Five Writers Offer Lifelines for Post-MFA - Haymarket Books: books for changing the world. the complexities of sustaining hope in our times of readily available despair more thoughtfully and beautifully, Chapbook - Vallum Magazine - Yuval Sharon reviews the massive "The Collected Poems of Bertolt Brecht," country, we can either read his journals "where he venomously curses the In hope. I take my place amongst the sellers. (Hollywood Elegies, 1942) Poems) and the philosophical ("Legend of the origin of the book Tao Te ZYZZYVA " A San Francisco journal of arts & letters. - The poem was originally published in 1958 in a book of original poems entitled Those struggling with a lost love or a love that was never-to-be often find I hope it helps you in your journey of surviving a break-up and finding love again.. and Despair Which poets wrote the best sad, dark, melancholic poems in the Spiritual Poems On Death - Hughes expresses different voices through poetry, using language, Freewriting, journal writing, response to literature, sentence starters, and rewriting, I feel that my students are struggling in writing because the rules for writing. beauty and death; and hope and despair, while he composed this poem. THROUGH THE STRUGGLE: A POETIC JOURNAL OF - She published an entire book of poems about her dogs. A dear friend who knew my struggles found a poem in the local newspaper.

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