

# **Getting it out of my System (reprint)**

Adrian J Coles

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# Introduction to this edition

This slim volume was originally published in 1997. At that time I was in my early 30s and had gone through an anxiety-ridden 20s, where depression and insecurity were prominent in my life. Fortunately, I had an outlet, in the form of poetry. I never had any problem coming up with the poems - they just seemed to pour out of me, near word-perfect. I would quickly get them written down before they were lost forever.

Today, looking back on these verses, I still like them. They were of their time and of my age and circumstances. I wouldn't write them today. Or, rather, I wouldn't write them *like that* today.

I have more words in me, but they're too scared to come out. I will continue trying to coax them.

Ady Coles

Brighton, June 2014

<http://acol.es/adycoles>

# A Muse

I'm told that I'm attractive;  
My social life is active  
And I get on well with others,  
So why so many friends  
And never lovers?

Perhaps it's there's no mystery -  
I re-tell my life's history  
'Til there's nothing left to find.  
Everybody knows what's going on  
Inside my mind.

If only I couple change it -  
Ut not to rearrange it  
So I'm torn from inside out -  
Just enough to give them just  
A little bit of doubt.

But this is hopeless thinking.  
To change oneself is sinking  
To a level that's quite wrong.  
Stick with who you are, until  
The right one comes along.

# That's All it Took

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# The End

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# Faith in the Unknown

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