

The Forward Of Poetry 2015 A Selection Of The Years Best Poetry Forward S Of Poetry 23

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Comprehending as well as harmony even more than additional will manage to pay for each success. bordering to, the pronouncement as with ease as acuteness of this The Forward Of Poetry 2015 A Selection Of The Years Best Poetry Forward s Of Poetry 23 can be taken as capably as picked to act.

Explaining Magnetism Maura Dooley 1991
Maura Dooley's poetry is remarkable for embracing both lyricism and political

consciousness, for its fusion of head and heart. Helen Dunmore (in Poetry Review) admired her 'sharp and forceful' intelligence. Adam Thorpe praised her ability 'to enact and find images for

complex feelings...Her poems have both great delicacy and an undeniable toughness...she manages to combine detailed domesticity with lyrical beauty, most perfectly in the metaphor of memory ' (Literary Review). Explaining Magnetism was Maura Dooley's first full-length collection, including poems from two earlier short collections, Ivy Leaves & Arrows (1986) and Turbulence (1988).

Poems of the Decade William Sieghart

2011-01-01 An anthology of some of the best poems submitted for the Forward Prizes as chosen by a range of judges including poets, literary writers, authors, actors and musicians.

Loop of Jade Sarah Howe 2015 *WINNER OF THE T. S. ELIOT PRIZE 2015* *WINNER OF THE SUNDAY TIMES / PETERS FRASER + DUNLOP YOUNG WRITER OF THE YEAR AWARD 2015* *SHORTLISTED FOR THE FORWARD PRIZE FOR BEST FIRST COLLECTION 2015* There is a Chinese proverb that says: "It is more profitable to raise geese

than daughters." But geese, like daughters, know the obligation to return home. In her exquisite first collection, Sarah Howe explores a dual heritage, journeying back to Hong Kong in search of her roots. With extraordinary range and power, the poems build into a meditation on hybridity, intermarriage and love " what meaning we find in the world, in art, and in each other. Crossing the bounds of time, race and language, this is an enthralling exploration of self and place, of migration and inheritance, and introduces an unmistakable new voice in British poetry.

Violet Selima Hill 1997 Violet is full of double trouble: startlingly wild, often bizarre poems on sisters and husbands, sex, ducks and fridges. If Selima Hill seems to show as strange a portrait of family life as anything by Buñuel or Almodovar, that is because her mirror reflects more than just surfaces. Hers is a looking-glass world seen through a fairground mirror, which exaggerates and accuses as well as telling a few

home truths. Both distorting and revealing, Violet explodes lies and tells them too; exposes myths and creates them. In the end, nothing is certain, except that there are giant cows paddling in the stream, sloths singing in the trees, ants herding ferocious sheep, and ailing fish in the fish hospital. When the mirror cracks, with pain or laughter, the book splits into two halves. My Sister's Sister is the story of two sisters, from the early days of their childhood to their final estrangement after the death of their mother. My Husband's Wife is a woman whose love for her husband survives the painful breakdown of their marriage. Violet was a Poetry Book Society Choice and was shortlisted for all three of the UK's major poetry prizes, the Forward Prize, T.S. Eliot Prize and Whitbread Poetry Award.

The Poetry Pharmacy Returns William Sieghart
2019-09-26 'A matchless compound of hug, tonic and kiss' Stephen Fry on William Sieghart's bestselling Poetry Pharmacy The Poetry

Pharmacy is one of the bestselling (and most giftable) poetry anthologies of recent decades. Now, after huge demand for more prescriptions from readers and 'patients' alike, William Sieghart is back. This time, tried-and-true classics from his in-person pharmacies are joined by readers' favourite poems and the new conditions most requested by the public - all accompanied by his trademark meditations (warm, witty and understanding, with just a twist of the challenging) on the spiritual ailments he seeks to cure. From ageing bodies and existential crises to long-distance relationships and embracing your slovenliness, The Poetry Pharmacy Returns caters to all-new conditions while drilling further down into the universals: this time, the challenges of family life, and of living as a person among others, receive a much closer look. Perfect for the treasured friends, barely tolerated siblings, beloved aunts and revered grandparents in your life.

Forward Poems of the Decade Liz Croft
2016-12-15 The Guide has been written primarily for students of AS and A Level English Literature as specified by Edexcel in the post-2015 syllabus (9ET0). It addresses Component 1 (8ET0/01 - Poetry and Drama) of the AS syllabus and Component 3 (9ET0/03 - Poetry) of the A2 syllabus, specifically, the requirement to study a selection of Post-2000 poetry. The Guide covers all the poems in the selection from *Poems of the Decade: An Anthology of the Forward Books of Poetry 2002-2011* (ISBN 978-0571281732). The poems are explored individually, and links and connections between them are drawn as appropriate. The format of each exploration is similar: * A summary of the key themes of the poems, with a note on possible connections and links to other poems in the selection * An explanation of any key features of the poem that require additional contextual knowledge or illustration * A brief summary of the metric form,

rhyme scheme or other structural features * A "walk-through" (or explication) of the poem, ensuring that what is happening in the poem is understood, how the rhythm and rhyme contribute to meaning, an explanation of the meaning of words which may be unfamiliar, an exploration of imagery and language and a comment on main themes.

British Prose Poetry Jane Monson 2018-07-04
This book is the first collection of essays on the British prose poem. With essays by leading academics, critics and practitioners, the book traces the British prose poem's unsettled history and reception in the UK as well as its recent popularity. The essays cover the nineteenth, twentieth and twenty-first centuries exploring why this form is particularly suited to the modern age and yet can still be problematic for publishers, booksellers and scholars. Refreshing perspectives are given on the Romantics, Modernists and Post-Modernists, among them Woolf, Beckett and Eliot as well as more recent

poets like Seamus Heaney, Geoffrey Hill, Claudia Rankine, Jeremy Over and Vahni Capildeo. British Prose Poetry moves from a contextual overview of the genre's early volatile and fluctuating status, through to crucial examples of prose poetry written by established Modernist, surrealist and contemporary writers. Key questions around boundaries are discussed more generally in terms of race, class and gender. The British prose poem's international heritage, influences and influence are explored throughout as an intrinsic part of its current renaissance.

The Honey Gatherers Maura Dooley 2003 Aims to describe the search, the sweetness, the sting and the death of love. This anthology's title is taken from a phrase in Michael Ondaatje's *The Cinnamon Peeler*, a poem which describes the need to be marked and marked out, by love.

A Companion to Contemporary British and Irish Poetry, 1960 - 2015 Wolfgang Gortschacher 2020-12-21 A comprehensive and scholarly

review of contemporary British and Irish Poetry With contributions from noted scholars in the field, *A Companion to Contemporary British and Irish Poetry, 1960-2015* offers a collection of writings from a diverse group of experts. They explore the richness of individual poets, genres, forms, techniques, traditions, concerns, and institutions that comprise these two distinct but interrelated national poetries. Part of the acclaimed Blackwell Companion to Literature and Culture series, this book contains a comprehensive survey of the most important contemporary Irish and British poetry. The contributors provide new perspectives and positions on the topic. This important book: Explores the institutions, histories, and receptions of contemporary Irish and British poetry Contains contributions from leading scholars of British and Irish poetry Includes an analysis of the most prominent Irish and British poets Puts contemporary Irish and British poetry in context Written for students and academics of

contemporary poetry, *A Companion to Contemporary British and Irish Poetry, 1960-2015* offers a comprehensive review of contemporary poetry from a wide range of diverse contributors.

Gloria Selima Hill 2008 Covers Selima Hill's books from "Saying Hello at the Station" (1984) to "Red Roses" (2006), and "The Hat" (2008). This book is a selection drawn from ten collections, each offering variations on her abiding themes: women's identities, love and loss, repression and abuse, family conflict and mental illness, men, animals and human civilisation.

Favorite Poet's Poems 2015 Alliance Poets World-Wide

Penguin Modern Poets 5 Sam Riviere 2017-07-27 Occasional Wild Parties brings together Sam Riviere, one of the most discussed of the new generation of British poets, whose 'post-internet' poetry sees him acting now as scribe, now as DJ, taking in everything from

technologized romance to celebrity culture as filtered through Kim Kardashian's make-up routine; the 'elegant ghoul' Frederick Seidel, zooming through the dark underbelly of international high society on his Ducati racing bike; and the wonderfully observant Kathryn Maris, whose work ranges with a dark wit over incomprehensible deities, wayward mothers, the politics of children's sports contests, and psychoanalysis. All three lift the lid on their corners of civilized society to show the less glittering realities that lie just beneath the surface. "On the verge of perpetrating acts of artistic barbarism "I perceived a spoon as the title of a plate of food" - SAM RIVIERE, 'Mindfulness' "Deer garter-belt across our vision And stand there waiting for our decision. "Our only decision was how to cook the venison. I am civilized but I see the silence And write the words for the thought balloon." - FREDERICK SEIDEL, 'Kill Poem' "The man in the basement wrote stories about heroin. The woman in the

attic read stories with heroines. The woman in the attic noticed a bruise that ran from the top to the base of her thigh. The bruise looked like Europe. The man in the basement was in love with the sister of the secretive man who loved him more. He whooped to the woman, 'You killed your student?' To himself he wept, 'I killed my father.'" - KATHRYN MARIS, 'The House with Only an Attic and a Basement'

Citizen Claudia Rankine 2015-07-02 WINNER OF THE LOS ANGELES TIMES BOOK PRIZE FOR POETRY WINNER OF THE NATIONAL BOOK CRITICS CIRCLE AWARD FOR POETRY In this moving, critical and fiercely intelligent collection of prose poems, Claudia Rankine examines the experience of race and racism in Western society through sharp vignettes of everyday discrimination and prejudice, and longer meditations on the violence - whether linguistic or physical - which has impacted the lives of Serena Williams, Zinedine Zidane, Mark Duggan and others. Awarded the National Book

Critics Circle Award for Poetry in America after becoming the first book in the prize's history to be a finalist in both the poetry and criticism categories, *Citizen* weaves essays, images and poetry together to form a powerful testament to the individual and collective effects of racism in an ostensibly "post-race" society.

The Forward Book of Poetry 2022 Various Poets 2021-09-16

The End of the Alphabet Claudia Rankine 1998 A Jamaican-born poet's collection of poetry about the people closest to her and about the United States, the country she now calls home

Small Hands Mona Arshi 2015-04-09 Winner of the 2015 Forward Prize for Best First Collection Mona Arshi's debut collection, 'Small Hands', introduces a brilliant and compelling new voice. At the centre of the book is the slow detonation of grief after her brother's death but her work focuses on the whole variety of human experience: pleasure, hardship, tradition, energised by language which is in turn both

tender and risky. Often startling as well as lyrical, Arshi's poems resist fixity; there is a gentle poignancy at work here which haunts many of the poems. This is humane poetry. Arshi's is a daring, moving and original voice. *Trembling Hearts in the Bodies of Dogs* Selima Hill 1994 Selima Hill grew up in a family of painters in farms in England and Wales, and has lived in Dorset for the past 35 years. She received a Cholmondeley Award in 1986, and was a Royal Literary Fund Fellow at Exeter University in 2003-06. She won first prize in the Arvon International Poetry Competition with part of *The Accumulation of Small Acts of Kindness* (1989), one of several extended sequences in *Gloria: Selected Poems* (Bloodaxe Books, 2008), which also includes work from *Saying Hello at the Station* (1984), *My Darling Camel* (1988), *A Little Book of Meat* (1993), *Aeroplanes of the World* (1994), *Violet* (1997), *Bunny* (2001), *Portrait of My Lover as a Horse* (2002), *Lou-Lou* (2004) and *Red Roses* (2006).

Violet was a Poetry Book Society Choice and was shortlisted for all three of the UK's major poetry prizes, the Forward Prize, T.S. Eliot Prize and Whitbread Poetry Award. *Bunny* won the Whitbread Poetry Award, was a Poetry Book Society Choice and was also shortlisted for the T.S. Eliot Prize. *Lou-Lou* and *The Hat* were Poetry Book Society Recommendations. Her most recent collections from Bloodaxe are *The Hat* (2008); *Fruitcake* (2009); *People Who Like Meatballs* (2012), shortlisted for both the Forward Poetry Prize and the Costa Poetry Award; *The Sparkling Jewel of Naturism* (2014); *Jutland* (2015), a Poetry Book Society Special Commendation which was shortlisted for the 2015 T.S. Eliot Prize and was earlier shortlisted for the Roehampton Poetry Prize; *The Magnitude of My Sublime Existence* (2016), shortlisted for the Roehampton Poetry Prize 2017; and *Splash like Jesus* (2017). Her 19th collection, *I May Be Stupid But I'm Not That Stupid*, was published by Bloodaxe in 2019.

Bunny Selima Hill 2001 Selima Hill's *Bunny* is set in the haunted house of adolescence. Always blackly comic, sometimes beguilingly erotic, each echoing poem opens a door on madness or menace, shame or blame. *Bunny* tells the intimate story of a young girl growing up in London in the 1950s, confused and betrayed but finding herself, becoming independent. Appearances are always deceptive. That predatory lodger. The animals outside and within. The girl sectioned in the hospital, nursing her sense of wrong. The blueness of things. The fire. What the house contains, it cannot hide. The poems reveal not only what was papered over but what she learned. About how to be a woman. How to be loved. And what happens to innocence.

Men Who Feed Pigeons Selima Hill 2021 The anaesthetist -- The beautiful man with the unpronounceable name -- Billy -- Biro -- The man in the quilted dressing-gown -- Ornamental lakes as seen from trains -- Shoebill.

Nothing in Nature is Private Claudia Rankine 1994 Poetry. African American Studies. "Claudia Rankine is a fiercely gifted young poet. Intelligence, a curiosity and hunger for understanding like some worrying, interior, physical pain, a gift for being alert in the world. She knows when to bless and to curse, to wonder and to judge, and she doesn't flinch. *NOTHING IN NATURE IS PRIVATE* is an arrival. It's the kind of book that makes you hopeful for American poetry."—Robert Hass "I am excited by Claudia Rankine's poems, their elegance, their emotional force, their scrupulous intimation of multiple identities. Representing brilliantly the prismatic vision of a Jamaican, middle class, intellectual black woman living in America, they address the widest constituency of readers. This is a richly rewarding collection."—Mervyn Morris

Our Numbered Days Neil Hilborn 2017-10-10 "When you're dumb enough for long enough, you're gonna meet someone too smart to love

you, and they're gonna love you anyway, and it's gonna go so poorly," Neil Hilborn writes in his debut full-length collection, *OUR NUMBERED DAYS*. In 2013, Hilborn's poem "OCD" went viral, and has amassed over 11 million views to date. While this collection ruminates on love, heartbreak, and mental illness, these poems are anything but saccharine. Hilborn uses the same humor and self-deprecation that propelled "OCD" to success in order to make his unmatched vulnerability all the more powerful. Ultimately, Hilborn is a poet of the people: his work is accessible, honest, and entertaining; a revitalizing entry in contemporary poetry. *Poems of the Decade* Forward Publishing 2015-03-19 Agbabi, Armitage, Burnside, Duffy, Dunmore, Fanthorpe, Heaney, Motion, Nagra, O'Brien and more *Poems of the Decade* brings together more than one hundred poems from the many thousands submitted to the Forward Prizes for Poetry in the first decade of the 21st century. The Forwards are among the world's

most coveted poetry honours. They have been awarded annually since 1992 for the Best Collection, Best First Collection and Best Single Poem published in Britain and Ireland, and the roster of winning, shortlisted and highly commended poets regularly juxtaposes familiar canonical names with fresh voices. This anthology of anthologies draws on the ten Forward Books of Poetry published to accompany the prizes between 2001 and 2010. It is the perfect introduction to a wide range of contemporary poetry: works that speak of violence, danger and fear, of love and all that opposes love, in forms of language broken and reshaped by the need to communicate what it is to be alive now, here. 'These annual anthologies of the poems in the running for the Forward Prizes remain the best way of encountering the richness that new poetry has to offer.' Daily Telegraph
The Forward Book of Poetry 2015 2014
Selected Poems John Burnside 2011-11-30

Over seventeen years and nine collections, John Burnside has built - in the words of Bernard O'Donoghue - 'a poetic corpus of the first significance', a poetry of luminous, limpid grace. His territory is the no-man's-land of threshold and margin, the charmed half-light of the liminal, a domestic world threaded through with mystery, myth and longing. In this Selected Poems we can see themes emerge and develop within the growing confidence of Burnside's sinuous lyric poise: the place of the individual in the world, the idea of dwelling, of home, within that community, and the lure of absence and escape set against the possibilities of renewal and continuity. This is consummate, immaculate work born out of a lean and agile craftsmanship, profound philosophical thought and a haunted, haunting imagination; the result is a poetry that makes intimate, resonant, exquisite music. *Portrait of My Lover as a Horse* Selima Hill 2002 Selima Hill pictures her lover not only as a horse, but in 100 different ways - as an angel or

a whale, a beetle or a sugar mouse. With a palette ranging from erotic blue to reckless red, her book presents 100 dangerously intimate portraits of love and longing, desire and desolation, jealousy and lust. These poems are raffish love riffs with hundreds of delicious images - whipped up into a lover's frenzy or hitting rock bottom when everything goes pear-shaped. *Portrait of My Lover as a Horse* is a book for anyone who didn't know poems could hit you where it hurts or where it feels just too good to be true.

Loop of Jade Sarah Howe 2015-05-07

WINNER OF THE T. S. ELIOT PRIZE 2015

WINNER OF THE SUNDAY TIMES / PETERS FRASER + DUNLOP YOUNG WRITER OF THE YEAR AWARD 2015 *SHORTLISTED FOR THE FORWARD PRIZE FOR BEST FIRST COLLECTION 2015* There is a Chinese proverb that says: 'It is more profitable to raise geese than daughters.' But geese, like daughters, know the obligation to return home. In her exquisite

first collection, Sarah Howe explores a dual heritage, journeying back to Hong Kong in search of her roots. With extraordinary range and power, the poems build into a meditation on hybridity, intermarriage and love - what meaning we find in the world, in art, and in each other. Crossing the bounds of time, race and language, this is an enthralling exploration of self and place, of migration and inheritance, and introduces an unmistakable new voice in British poetry.

The Poetry Remedy William Sieghart 2019-10-15
The US edition of the bestselling *The Poetry Pharmacy* A beautiful collection of curated poems each individually selected to provide hope, comfort, and inspiration—for all of life's most difficult moments Sometimes only a poem will do. These poetic prescriptions and wise words of advice are tailored to those moments in life when we need them most, from general glumness to news overload, and from infatuation to losing the spark. Whatever you're facing,

there is a poem in these pages that will do the trick. This pocket-size companion presents the most essential fixes in William Sieghart's poetic dispensary—those that, again and again, have shown themselves to hit the spot. Whether you are suffering from loneliness, lack of courage, heartbreak, hopelessness, or even an excess of ego—or whether you are seeking hope, comfort, inspiration, or excitement—*The Poetry Remedy* will provide just the poem you need in that moment.

The Forward Book of Poetry 2015 Various Poets 2014-09-30
The Forward Book of Poetry showcases a selection of the best contemporary poetry published in the British Isles over the last year, including the winners of 2014's prestigious Forward Poetry Prizes. It is introduced by Jeremy Paxman, chairman of the 2014 Forward Prizes judges. Their final recommendations give a strong sense of the variety, vitality and wit present in poetry today, making this anthology - the 23rd in an annual series - valuable to both

first-time poetry readers and those keen to find more new poetry to enjoy. If you buy only one poetry book this year, this is it.

Best British Poetry Emily Berry 2015-10-01
"Your indispensable guide to the poetry of these islands, now in its fifth year" The Best British Poetry presents the finest and most engaging poems found in literary magazines and webzines over the past year. The material gathered represents the rich variety of current UK poetry. Each poem is accompanied by a note by the poet explaining the inspiration for the poem.

The House with Only an Attic and a Basement Kathryn Maris 2018-05-31 'But back to the summer day the spike grazed my brother's scalp: I slept beside him in his racing car bed and my father woke me and slapped my face, thinking, I assume, of sex, whereas I was already thinking about death.' Urban, suburban, sharply observant, now obsessive and now urbane, the poems in Kathryn Maris's third book range with a dry wit over such subjects as parenthood,

marriage, adultery, the politics of children's sports contests, female prison and psychoanalysis. The House with Only an Attic and a Basement is that rare thing: a darkly funny collection of poems that courses with keen intelligence, yet wears its learning lightly so that it is a pleasure to stride along with every poem. A Little Book of Meat Selima Hill 1993 The poems in A Little Book of Meat are written in the voice of a woman growing up on a remote cattle farm with her mother, a devout Catholic, and her much-loved assortment of animals. She is already nearly 30, knows little of the outside world, and walks with a slight limp. One day a stranger calls, a travelling slaughterman... Where Selima Hill's last book, The Accumulation of Small Acts of Kindness, was the record of a nervous breakdown, A Little Book of Meat tells the story of a love affair, combining the tenderness and subversive humour of her most startling poetry with the imaginative depth and unpredictability of an untamed novel.

The Forward Book of Poetry 2021 Various Poets 2020-09-10 The annual Forward Book of Poetry brings news from the frontlines of the contemporary poetry boom. The judges of the Forward Prizes, described by the Daily Telegraph as 'the most coveted awards in British poetry', have chosen the best work from the year's UK crop of new collections and literary journals. Their selection combines fresh voices with familiar names, making the book essential reading for seasoned poetry enthusiasts and new readers alike.

People who Like Meatballs Selima Hill 2012 "People Who Like Meatballs" brings together two contrasting poem sequences about rejection by 'this brilliant lyricist of human darkness' (Fiona Sampson). The title-sequence, "People Who Like Meatballs", is about a man's humiliation by a woman. Into my mother's snow-encrusted lap is about a dysfunctional mother-child relationship. Like all of Selima Hill's books, both sequences in "People Who Like Meatballs"

chart 'extreme experience with a dazzling excess' (Deryn Rees-Jones), with startling humour and surprising combinations of homely and outlandish.

I May Be Stupid But I'm Not That Stupid SELIMA. HILL 2019-09-26 I May Be Stupid But I'm Not That Stupid brings together six contrasting but complementary poem sequences by 'this brilliant lyricist of human darkness' (Fiona Sampson) relating to family, fear, foreboding and felicity. Elective Mute is about autism and happiness; My Mother and Me on the Eve of the Chess Championships, about a mother who prefers lettuces to life; Fishtank (Poetry Book Society Pamphlet Choice), about a brother who is somebody else; Lambchop, about a creepy old man; The Boxer Klitschko, on finding refuge with swimming, dogs and a jovial uncle; and Helpless with Laughter, on what the parts of the body have to say about themselves. Like all of Selima Hill's work, all six sequences in the book chart 'extreme experience with a dazzling

excess' (Deryn Rees-Jones), with startling humour and surprising combinations of homely and outlandish..

The Magnitude of My Sublime Existence

Selima Hill 2016 The poetic account of a young woman's stay in the psychiatric ward of a large hospital. The only time she feels safe is when swimming; the only place, the sea, preferably underwater. Selima Hill's 17th book of poetry - her 14th from Bloodaxe - takes her back to the territory of her third book, *The Accumulation of Small Acts of Kindness* (1983), but this revisiting is quite different in style and mood. Over thirty years later, Hill is more able to chart and illuminate with startling humor and surprising combinations of homely and outlandish.

The Hat Selima Hill 2008 Selima Hill's latest collection, *The Hat*, is a disturbing portrayal of a woman's struggle to regain her identity. Her story emerges through a series of short poems, often related to animals: how she is preyed upon and betrayed, misunderstood, compromised and

not allowed to be herself. Like all of Selima Hill's books, *The Hat* charts 'extreme experience with a dazzling excess', with dark humour and surprising combinations of homely and outlandish.

[The Forward Book of Poetry 2016](#) Forward Various 2015-09-17 The Forward Book of Poetry 2016 showcases the best of contemporary poetry published in the British Isles over the year, including the winners of 2015's Forward Prizes for Poetry. This anthology is the 24th in a series that offers an invaluable annual overview of the current state of poetry. If you buy only one book of poems a year, this is it.

The Poetry Pharmacy William Sieghart 2017-09-28 'Truly a marvellous collection ... There is balm for the soul, fire for the belly, a cooling compress for the fevered brow, solace for the wounded, an arm around the lonely shoulder - the whole collection is a matchless compound of hug, tonic and kiss' Stephen Fry As heard on BBC Radio 4, the essential

prescriptions from William Sieghart's poetic dispensary Sometimes only a poem will do. These poetic prescriptions and wise words of advice offer comfort, delight and inspiration for all; a space for reflection, and a chance to realize - I'm not the only one who feels like this. In the years since he first had the idea of prescribing short, powerful poems for all manner of spiritual ailments, William Sieghart has taken his Poetry Pharmacy around the length and breadth of Britain, into the pages of the Guardian, onto BBC Radio 4 and onto the television, honing his prescriptions all the time. This pocket-sized book presents the most essential poems in his dispensary: those which, again and again, have really shown themselves to work. Whether you are suffering from loneliness, lack of courage, heartbreak, hopelessness, or even from an excess of ego, there is something here to ease your pain. 'The book is delightful; it rightly resituates poetry in relation to its biggest and most serious task:

helping us to live and die well' Alain de Botton
Measures of Expatriation Vahni Capildeo
2016-01-01 Winner of the Forward Prize for Best Collection and Shortlisted for the T.S. Eliot Prize (2016). In *Measures of Expatriation* Vahni Capildeo's poems and prose-poems speak of the complex alienation of the expatriate, and address wider issues around identity in contemporary Western society. Born in Trinidad and resident in the UK, Capildeo rejects the easy depiction of a person as a neat, coherent whole - 'pure is a strange word' - embracing instead a pointilliste self, one grounded in complexity. In these texts sense and syntax are disrupted; languages rub and intersect; dream sequences, love poems, polylogues and borrowed words build into a precarious self-assemblage. 'Cliché', she writes, 'is spitting into the sea', and in this book poetry is still a place where words and names, with their power to bewitch and subjugate, may be disrupted, reclaimed. The politics of the body, and cultures of sexual

objectification, gender inequality and casual racism, are the borders across which Capildeo homes, seeking the modest luxury of being 'looked at as if one is neutral ground'. In the end it is language itself, the determination to speak, to which the poet finds she belongs: 'Language is my home, I say; not one particular language.' Measures of Expatriation is in the vanguard of literature arising from the aftermath of Empire, with a fearless and natural complexity.

Red Roses Selima Hill 2006 Selima Hill's poetry has been called wanton, wildly imaginative, tender, intelligent, dangerous, defiant, subversive and startling. All these qualities are

strongly present in her latest collection, "Red Roses", which delves into territory her earlier books were only starting to uncover. The new book is orchestrated to read as one single movement fed by variations on a theme, with each rapid-fire poem blooming suddenly into the light. These are brave and disconcerting poems which don't wear a smile to impress or hide behind. Their bleak yet engaging humour isn't a ploy or a plea for sympathy but a facing up to truth. What they offer readers isn't uplifting sentiment but honesty to experience and a shared sense of recognition that denial or evasion will never heal a wound.