

Poems of Resilience, Healing, and Light

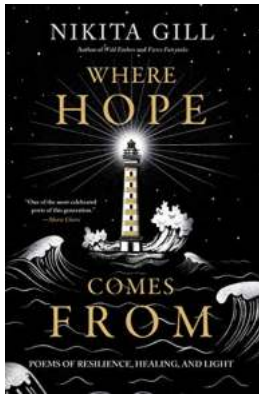


Poetry has a remarkable way of capturing the experiences and emotions that shape our lives. It serves as a powerful medium for expressing resilience, healing, and finding light in the darkest of moments. In this collection of poems, we dive into the captivating world of resilience, offering solace, inspiration, and hope to those who seek it.

The Power of Resilience in Poetry

Resilience is the ability to bounce back from adversity, to withstand hardships and challenges, and to emerge stronger than ever before. Poems of resilience capture the human spirit's incredible capacity to endure, adapt, and grow.

Through vivid imagery, powerful metaphors, and lyrical language, these poems invite us to reflect on the importance of resilience in our own lives.



Where Hope Comes From: Poems of Resilience, Healing, and Light by Nikita Gill (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 18855 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 161 pages



Healing Through Poetry

Poetry has a unique healing power. It allows us to express and process our emotions, offering a sense of catharsis and relief. Many poems on healing serve as a balm for the wounded soul, offering comfort, solace, and a renewed sense of hope. These poems provide a gentle reminder that healing is a journey, and with time and self-care, we can mend our broken hearts and find inner peace.

Finding Light in Darkness

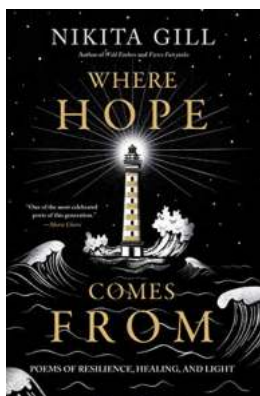
When we are faced with darkness, whether it be in the form of personal struggles or the chaos of the world, finding light becomes essential. Poems of light bring hope, optimism, and a sense of renewal. They guide us through dark tunnels, reminding us that there is always a flicker of light at the end. Through their words, poets illuminate the path to a brighter future.

The Resilient Light within Poems

Poems of resilience, healing, and light often intertwine, creating a powerful synergy. They remind us that even in our darkest moments, we possess an inner light that can guide us towards a better tomorrow. These poems inspire us to embrace our resilience, nurture our healing, and seek the light within ourselves and others.

Poems of resilience, healing, and light have the extraordinary ability to touch our hearts, awaken our spirits, and transform our lives. They serve as a testament to the human capacity to overcome adversity, find solace in healing, and discover the light even in the darkest of times. In this collection of poems, we encounter the resilience of the human spirit, experience the transformative power of healing, and revel in the radiance of the light that guides us towards a brighter future.

Keywords: poems of resilience, healing poetry, poems of light, finding hope in poetry



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****The Sunday Times Bestseller****

Instagram superstar and poet Nikita Gill returns to her roots with her most personal collection yet, including more than twenty poems exclusive to the US

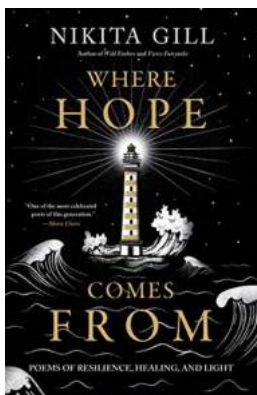
edition.

I took my worries out and laid them carefully on the kitchen table.
Then began the slow but rewarding task
of fixing everything that needed more love.

Nikita Gill shares a collection of poems crafted as the world went into lockdown, tackles themes such as mental health and loneliness, and the precarity of hope. Through the life cycle of a star, she invites the reader to feel connected to the universe, taking us on a journey through the five stages of grief to the five stages of hope.

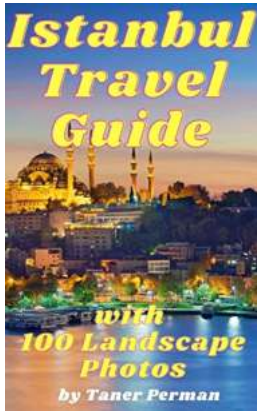
This collection includes the phenomenal “Love in the Time of Coronavirus,” which was shared across social media over 20,000 times, as well as Gill's poems of strength and hope, “How to Be Strong” and “Silver Linings.” *Where Hope Comes From* is fully illustrated with beautiful line drawings by the author.

All because everything is forbidden now, I want to go up to the top of the Eiffel Tower
and sing at the top of my lungs.



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Poetry has a remarkable way of capturing the experiences and emotions that shape our lives. It serves as a powerful medium for expressing resilience,...



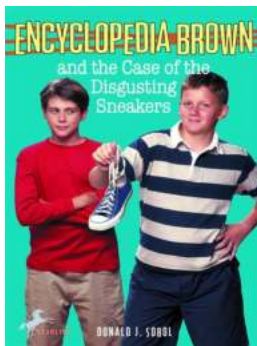
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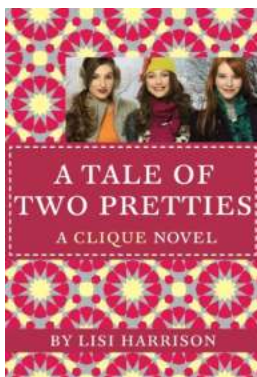
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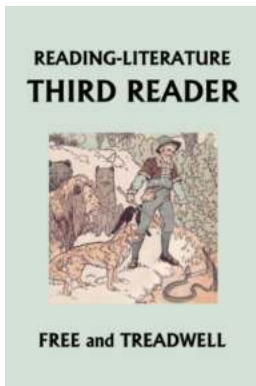


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