



# Poetry Will Save Your Life: A Memoir

*Jill Bialosky*

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## **Poetry Will Save Your Life: A Memoir** Jill Bialosky

An unconventional and inventive coming-of-age memoir organized around forty-three remarkable poems by poets such as Robert Frost, Emily Dickinson, Wallace Stevens and Sylvia Plath, from a critically acclaimed *New York Times* bestselling author and poet.

For Jill Bialosky, certain poems stand out like signposts at pivotal moments in a life: the death of a father, adolescence, first love, leaving home, the suicide of a sister, marriage, the birth of a child, the day in New York City the Twin Towers fell. As Bialosky narrates these moments, she illuminates the ways in which particular poems offered insight, compassion, and connection, and shows how poetry can be a blueprint for living. In *Poetry Will Save Your Life*, Bialosky recalls when she encountered each formative poem, and how its importance and meaning evolved over time, allowing new insights and perceptions to emerge.

While Bialosky's personal stories animate each poem, they touch on many universal experiences, from the awkwardness of girlhood, to crises of faith and identity, from braving a new life in a foreign city to enduring the loss of a loved one, from becoming a parent to growing creatively as a poet and artist.

In *Poetry Will Save Your Life*, Bialosky has crafted an engaging and entirely original examination of a life while celebrating the enduring value of poetry, not as a purely cerebral activity, but as a means of conveying personal experience and as a source of comfort and intimacy. In doing so she brilliantly illustrates the ways in which poetry can be an integral part of life itself and can, in fact, save your life.

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