

FINDING WHAT YOU DIDN'T LOSE (INNER WORK BOOK) BY JOHN FOX

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FINDING WHAT YOU DIDN'T LOSE



*Expressing Your Truth and Creativity
Through Poem-Making*

■ JOHN FOX

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Review

Formal techniques aren't overlooked in a title which encourages self-expression through poetry; but neither are they touted as the sole vehicle for literary pursuit. The idea here is that writing can offer psychological healing: use this guide to master imagery, metaphor, rhythm and poetic elements, then create some strong, meaningful works. -- Midwest Book Review

From the Back Cover

John Fox offers a fresh approach to poetry writing, yet one that doesn't overlook the importance of formal techniques. Readers will be reintroduced to their poetic voice and its unique ability to heal psychological wounds which may have held it captive. Through inventive exercises, stories, and dozens of poems, Fox shows how to master imagery, sound, metaphor, rhythm, and other poetic elements for poems that explore the unique perceptions, feelings, and visions that make us who we truly are.

About the Author

John Fox, CPT, is a poet, certified poetry therapist, and a lecturer in the Graduate School of Psychology at John F. Kennedy University in Orinda, California. He is the author of two volumes of poetry, *My Hand Touches the Sea* and *When Jewels Sing* (audio tape). John also teaches in the California Poets in the Schools Program. He serves as a vice president on the executive board of the National Association of Poetry Therapy and is a recipient of NAPPT's Distinguished Service Award.

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FINDING WHAT YOU DIDN'T LOSE (INNER WORK BOOK)

BY JOHN FOX PDF

Poetry discovers and speaks a truth ordinary language cannot express. And the passionate message in Finding What You Didn't Lose is that we're all poets--capable of giving voice to such truth.

Poet-teacher John Fox reveals how imagery, sound, metaphor, rhythm, and other poetic elements can help us tell our inner story, heal psychological wounds, discover spiritual connection, and develop the rich creative imagination that lies within us all.

Transcending the traditional academic approach to poetry writing, Finding What You Didn't Lose deals with craft but, more importantly, guides readers to explore their deepest feelings and express their own unique insights through the incomparable language of poetry.

Through an intermingling of inventive exercises and illustrative poems--ranging from Nobel Prize winners to first-time poets--readers are inspired to add their own distinct voice to a world fellowship of poets. For those who already write poetry, and the many more who want to, this book is the key to finding what you never lose: your natural inclination to express who you are through the making of poems.

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Most helpful customer reviews

38 of 38 people found the following review helpful.

A wonderful guide to creativity

By Julie Lovisa

I have written (often bad) poetry as a means of expressing myself since I was 9 years old. After going through this book, I have been amazed at the depth of feeling that has been hiding in me all these years! You will be amazed at the beautiful poetry you can create given the right tools and instruction. Even if you think you're not creative and can't write a word, I hope you'll try this book...you'll be pleasantly surprised to find that you can create poetry if given the opportunity.

37 of 37 people found the following review helpful.

Finding What You Didn't Lose

By Thorvald Saltvig

"Finding What You Didn't Lose: Expressing Your Truth and Creativity Through Poem-making" was my introduction to the field of poetry therapy. Although I have added many poetry therapy texts to my library since acquiring Mr. Fox's book, I still consider "Finding What You Didn't Lose" the premiere text. It is comprehensible; full of useful and thoughtful ideas; and beneficial for anyone seeking to cultivate healing in themselves or others. I am currently undergoing professional training in poetry therapy and find myself returning again and again to Mr. Fox's book. Also, when introducing people to the field of poetry therapy, I always recommend Finding What You Didn't Lose as a foundational text.

23 of 23 people found the following review helpful.

Give Yourself the Gift of Poetry

By Nanci

For anyone who was taught in school that poetry was dry, cryptic and boring, this is the book that will change your mind. John Fox presents poetry in a way that will make it an enjoyable part of your life, a healing part of your life, and you will discover your creative self. It leaves you wanting more. For more, see *Poetic Medicine*.

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