

*I hope this
finds you well*

joanna michael



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I hope this finds you well



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I hope this finds you very well is a assortment of poetry derived from eating disorders, addiction, heartbreak and emotional healing. there is no timeline. Encompassing the metaphor of a vase, it is divided into five sections: the molding, the painting, the shattering, the rebuilding and the revealing. we often start on the first step, jump to step sixteen, regress to stage six and then wake up the next day at step 273. An hour later on we are back again to step 30. The writer compels the reader to understand you are what your location is supposed to be; The poems are numbered in random purchase as a metaphor for the complicated and bewildering environment of mental illness and addiction. Additionally it is intentional to symbolize the way healing isn't linear; Lastly, I hope this finds you well is usually a community of understanding we are not what broke us; Through the entire journey, it slowly becomes apparent that the reader may be the vase. we are what we became from it.



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Rebirth This young woman has opened her soul to reveal, understand and conquer her own demons of the cunning eating disorder. She confronts her very own self-hatred and romantic relationship heartbreak manifesting the roller coaster trip of the disorder. Every woman will be able to relate to some part of her trip. I highly recommend this book for anyone fighting an addiction! She finds her on-going curing and rebirth through the entire book.



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