



Insomnia Poems: Can t Sleep? Count Sheep

By Emma Hope

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Emma Hope, is a bestselling poet and campaigner. She offers an interesting selection of poems on the theme of insomnia in her latest collection of poetry: Insomnia Poems: Can t Sleep? Count Sheep. So many suffer in silence from this affliction, and her anthology offers sympathy and compassion as it runs through the various thoughts that insomniacs may have. Using imagery that illuminates the subject, Emma tries to bring to attention a subject area that people have a shared understanding of, yet which is not commonly discussed openly. The sense of ennui that insomniacs may suffer from addressed by this collection of poetry, which has been written as a tonic for insomniacs to read while trying to get to sleep. Emma Hope has also written Christmas with M.E. and Fibro , which was a number 1 bestseller in the Kindle women s poetry section, as was her anthology You Can t See M.E. or Fibro. Emma feels passionately that poetry can be used as a way of assisting those with illnesses both in reading it, and writing it...

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