



Ten Poems to Change Your Life Again and Again

By Roger Housden

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Every great poem invites us to step beyond what we know, what we think we can dream or dare. Great poetry is a catalyst for change: a change of mind, a change of heart, a change of life- and yes, over and over, again and again, with each new reading, and each new phase of our journey.

That's why poetry is dangerous. It gives voice to our unspoken dreams; it is a mirror to our own deepest joys, desires, and sorrows. It can tip us over into a new life, into a new way of seeing and being, that a moment ago we might even have had no words for.

In this new volume of his Ten Poems series, Roger Housden takes ten great poems and in personal, intimate essays shows how they led him, and can also lead us, into a more deeply lived and examined life. Housden says, "Every one of the poems in this book has struck me a blow, a direct hit, each of them, into the heart of hearts. Every one of them, in its own way, has opened a door for me to go deeper into my own experience, my own longings, my own sorrows and joys, and into the silence that surrounds all of this, all of us, always."

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Editorial Review

Review

"In Ten Poems to Change Your Life Housden offers a unique map for the Soul's journey and encourages us to begin. Accessible, elegant, luminous, and wise, this book is Soul food."

-- Rachel Naomi Remen, M.D., author of *Kitchen Table Wisdom* and *My Grandfather's Blessings*

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From the Inside Flap

This is a dangerous book. Great poetry calls into question not less than everything. It dares us to break free from the safe strategies of the cautious mind. It opens us to pain and joy and delight. It amazes, startles, pierces, and transforms us. It can lead to communion and grace.

Through the voices of ten inspiring poets and his own reflections, the author of *Sacred America* shows how poetry illuminates the eternal feelings and desires that stir the human heart and soul. These poems explore such universal themes as the awakening of wonder, the longing for love, the wisdom of dreams, and the courage required to live an authentic life. In thoughtful commentary on each work, Housden offers glimpses into his personal spiritual journey and invites readers to contemplate the significance of the poet's message in their own lives.

In *Ten Poems to Change Your Life*, Roger Housden shows how these astonishing poems can inspire you to live what you always knew in your bones but never had the words for.

"The Journey" by Mary Oliver

"Last Night as I Was Sleeping" by Antonio Machado

"Song of Myself" by Walt Whitman

"Zero Circle" by Rumi

"The Time Before Death" by Kabir

"Ode to My Socks" by Pablo Neruda

"Last Gods" by Galway Kinnell

"For the Anniversary of My Death" by W. S. Merwin

"Love After Love" by Derek Walcott

"The Dark Night" by St. John of the Cross

About the Author

ROGER HOUSDEN is the author of the Ten Poems series, as well as *Dancing with Joy*, *Seven Sins for a Life Worth Living*, *Risking Everything*, and other books. Housden was born in the United Kingdom and lives in the United States.

Users Review

From reader reviews:

Lourdes Williams:

As people who live in the actual modest era should be change about what going on or facts even knowledge to make all of them keep up with the era and that is always change and move ahead. Some of you maybe will

probably update themselves by reading books. It is a good choice for yourself but the problems coming to you is you don't know what kind you should start with. This Ten Poems to Change Your Life Again and Again is our recommendation to help you keep up with the world. Why, because book serves what you want and need in this era.

Debra Lovern:

The particular book Ten Poems to Change Your Life Again and Again has a lot info on it. So when you check out this book you can get a lot of gain. The book was authored by the very famous author. This articles author makes some research before write this book. That book very easy to read you can find the point easily after scanning this book.

Aletha Bassett:

Reading can called mind hangout, why? Because when you find yourself reading a book particularly book entitled Ten Poems to Change Your Life Again and Again your mind will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely can be your mind friends. Imaging each word written in a reserve then become one type conclusion and explanation that maybe you never get previous to. The Ten Poems to Change Your Life Again and Again giving you an additional experience more than blown away your brain but also giving you useful information for your better life on this era. So now let us explain to you the relaxing pattern here is your body and mind are going to be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary paying spare time activity?

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