



The Sea of Conscience: Poetry, Prose and the Pursuit of Self (Paperback)

By M J Holman, Queen of Spades

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Spanning thirty years, this collection of poetry and prose documents the discovery of mental illness through writing. It charts the slow crawl of mental decline and the gradual realisation this illness is a background noise that cannot be ignored. It is not a volume defined by mental illness alone; passions for art, literature, opera, and history are here; passions which help us survive when illnesses can be unforgiving and we fail to forgive ourselves. These words explore our perception of ourselves during times of duress and how our passions can be part of our coping strategies, helping us to remain here - embattled - but as survivors.



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Reviews

This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).

-- **Desmond Becker**

Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

-- **Ambrose Thompson II**

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