



Hidden Graces: Poems for Crisis, Struggle, and Renewal

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Poetry cushions the blows of life-changing events.

During the “in-between time” of emotional and spiritual instability that follows unexpected loss, poetry is a balm that soothes bruised souls.

The 30 United States and British poets featured in this book teach us that it is possible to recover from loss with a deeper awareness of how life emerges from death and with gratitude for what we’ve learned?for the hidden graces.

Additional features of *Hidden Graces: Poems for Crisis, Struggle, and Renewal* include an introduction to each section, ways to use poetry in meditation and prayer, indexes of authors and first lines, and a brief biography of each poet.

Whether read privately or with a group, these poems will help you navigate your emotions and learn from your journey of loss and recovery.



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