

2019MesinalLyndie-abstract

Abstract

Poetry holds the ability to touch on very specific moments in a person's life. Unlike a novel, poetry tells you stories in little moments and images. There is no "Once upon a time..." or "They all lived happily ever after." Yet, strung together, these little moments can form a longer story. That's why I believe poetry can be so impactful. In a collection of poetry, a person will always be able to find one poem or just one line, even, that takes them back and makes them feel something. In my own collection, *How Does Your Garden Grow?*, I reflect on my own life and in this process, I talk about themes such as: death, family, grief, mental health, childhood, growing up, love, letting go, and self love – among others. I take a look at the people and events that shaped me as a person and I end on a girl, just about to graduate college, looking forward towards the future. I hope that somewhere in this poetic journey through my own life, someone is able to find solace or maybe even hope. I hope this collection makes someone feel less alone. At least, I hope someone gets one of my lines stuck in their head all day.

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