



# Unleash the Poem Within: How Reading and Writing Poetry Can Liberate Your Creative Spirit

*Wendy Nyemaster*

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## **Unleash the Poem Within: How Reading and Writing Poetry Can Liberate Your Creative Spirit**

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Unleash the Poem Within is about friendship, self-reflection and learning something new. It is, quite simply, about how the power of creativity can change your life.

This book shows women how to liberate their creative spirit and use it not only as a means of self-expression, but as a way to find more calm, peace and an enhanced ability to see the value in each present moment.

Wendy Nyemaster is the founder of the Poetry Posse, a group of ordinary women committed to writing and sharing their creativity as a way to enhance their lives. She guides the reader through twelve different poems and how to write them, and how doing so can unlock their inner power.

Unleash the Poem Within shows women that by experimenting with creativity, they can find their voice and live their lives to the fullest.

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