

Author: Richard White
Category: Poetry
Print ISBN: 979-8618316576
Publisher: Breaking Misery Press

Media Kit

[Author Bio](#)

[Book Bio](#)

[Testimonials](#)

[Target Audience](#)

[Book Excerpt](#)

[Interview Questions](#)

[Story Ideas for Reporters](#)

[Downloadable Author & Book Photos](#)

[Contact Author](#)

Author Bio

Richard White is a pioneer in the self publishing world. From day one he has taught himself how to do it all. From book covers to marketing, he takes on the role of author, publicist, graphic artist and publisher.

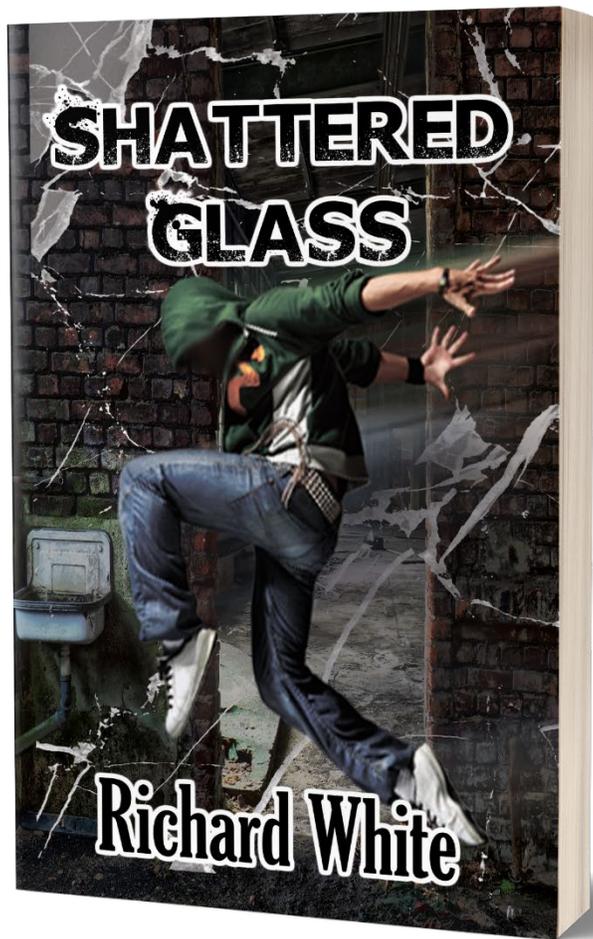
He is a current student at SNHU (Southern New Hampshire University) for his BA in Creative Writing in English.

As a personal development life coach, he coaches his clients on becoming a better version of themselves as they pursue their dreams.

He lives with his wife and daughter in Perth, NY. Where he mows lawns in the summer and writes during the winter. He enjoys hunting, fishing, camping, and hiking. His other passion is being a firefighter and EMT in his community.



Richard White



Book Bio

Richard White has fought his demons for a very long time. Finding the light and returning to what he feels as normal from time to time. On his journey he loses many of his friends from his high school to those same demons, depression, and drug abuse. Shattered Glass is his testament and dedication to those he has lost, and to those that are here still fighting the demons they face. In Shattered Glass, he explores themes of mental health, depression, anxiety, PTSD, drug addiction, and suicide. It is a documentation of struggle and triumph, a celebration of life and living. White's wit, empathy, and a passion for poetry produce a work of endless wonder.

Author: Richard White
Category: Poetry
Print ISBN: 979-8618316576
Publisher: Breaking Misery Press

Reviews

Shattered Glass is a guide to utilizing depression as an opportunity for spiritual growth, and personal acceptance, and includes personal accounts and well written poems.

A GREAT READ!!!!LOVE THIS BOOK!!! [Alan Pelc](#)

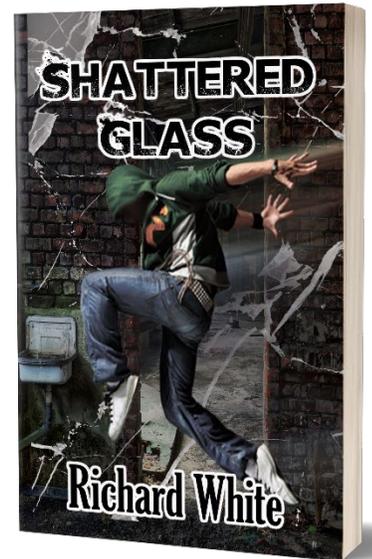
This is a book of wonderful poems, some touch your heart extra special. I feel we as humans all go through a depression at one time or another and sometimes the best kind of help is finding people who have been through it already! A real connection.

Page 90 is one of my favorites! [Kim Kinash](#)

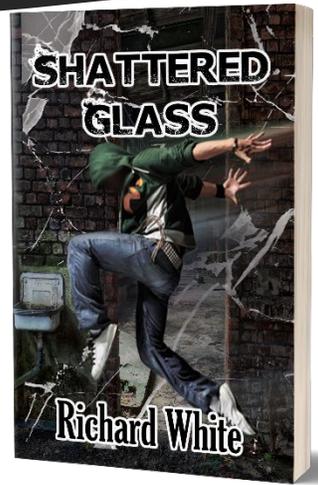
Shattered Glass, is a glimpse of Richard White's battles with depression and addiction while coping with everyday life after leaving the battlefield. His concern for all of us, fighting the battles he has endured, is evident as he begins his book with a page to the reader and how to get help if the reader is in need. This "leave no man behind" attitude is a by-product of his service to country and civic duties performed for his community, yet it is uncommon for those suffering to reach out their hands to help.

Throughout Richard's book, he lays out his anguish, his troubles and hopelessness he has felt in his life. He holds nothing back. From *Eclipsing Shadows: ...* "It envelopes/the true feelings I hide inside, guarding/and concealing inner humanity." *The Darkness Awaits: ...* "Surviving only on the hopelessness/and gloom. He takes the reader through the maze inside him, where shadows speak and darkness suffocates. Read: "I Can't Remember", "Tango Down" or "Devil's Contract" to gain insight to unending wars. By the time you finish this book, you will know Richard White and the battle he and others like him, continue to fight.

[Vicki Foust](#)



Book Excerpt



Devastated

I'm feeling jaded.
I want to be sedated.
Another day of being hated.
I woke up wanting to be elated.
Now my mind is serrated.
Another wave of being frustrated.
Feelings have been confiscated.
I'm devastated.
Hatred is elevated.
Almost like it was calculated.
I didn't know the bomb would be detonated.
You think I am fabricated.
I'm just isolated and illustrated.
Maybe a little intoxicated.
My mind is evacuated.
My heart is barricaded
behind a wall, like being incarcerated.
Like being suffocated.
They want me medicated.
I won't be manipulated.
I know I'm sophisticated,
but I am underestimated.
Sick of being humiliated.
I don't like being desecrated.
I just want to be appreciated.

Cast Aside Once More

Neglected, rejected.
Cast aside once more.
Empty, forgotten,
alone again forevermore.
Deserted, forsaken.
Ripped in half
like never before.
I am shunned
Stunned, dumped again.
Left in the cold.
What do I even cry for?
When all you will do,
is once again walk out the
door.
I know what is coming next.
My heart is hexed.
Your leaving me,
like an 86.
I've been nixed.
Discarded, outcast.
But I ask,
How long will this
abandonment last?

Interview Questions

1

In what ways has poetry helped you as a writer?

2

How long have you been writing?

3

What is the purpose of writing?

4

What are some ways to find your poetry?

5

Where is your favorite place to write?

6

Do you think poetry is coming back in literature?

7

Who are your favorite poets?

8

Do you plan on publishing more poetry?

9

Do you research your poetry?

10

How do you shuffle your full time work and your writing?"

11

How many books have you written? Favorite?

12

How do you build trust in your readers?

13

What types of things have you learned as an author?

14

Does your poetry tell a story?

15

DO you inact with your audience/readers?

16

How do you market your books?

17

What do you like to do when you are not writing?

18

What does your family think?

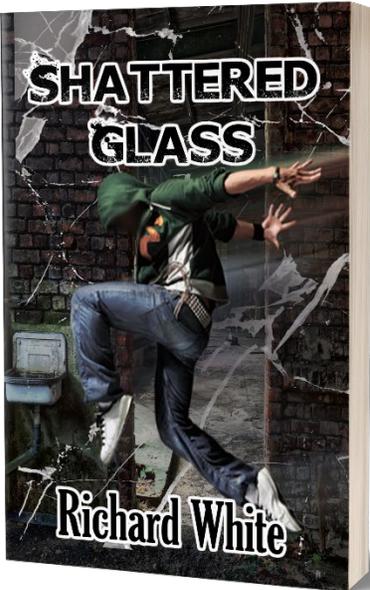
19

Do you hear from your readers?

20

What would you to say to new author pursuing poetry?"

STORY IDEAS FOR REPORTERS:



- 1. Poetry:** What are the types of poetry I write?
- 2. Theme:** Typically my theme is based on my internal mental pain.
- 3. My inspirations:** I have many inspirations from Walt Whitman and Robert Frost to fellow poets I network with.
- 4. Poetry Comes Naturally:** Poetry comes naturally to me, I enjoy using words and rhyme to explore literature
- 5. The Message:** The message I try to share in my poetry is the ability to heal your mental health and addiction.
- 6. The Art:** I strongly feel that being a poet is a true form of art with words.
- 7. Paraphrasing:** I love using the blend of different words to explain the major ideas in each poem.
- 8. When did I begin Writing:** I began writing poetry at the age of thirteen, using many of those first poems in my first book in 2010.

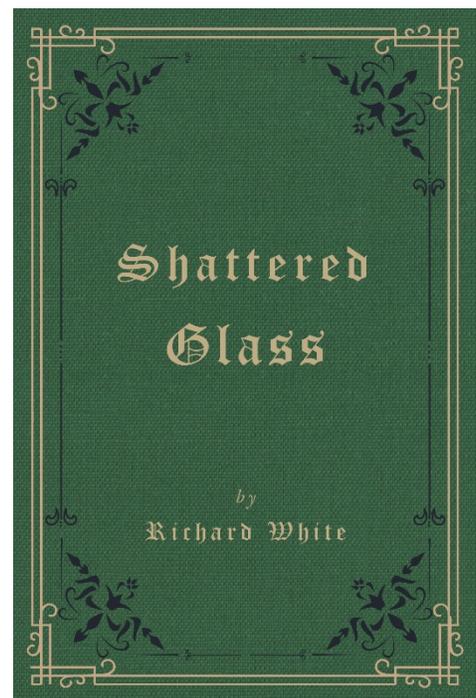
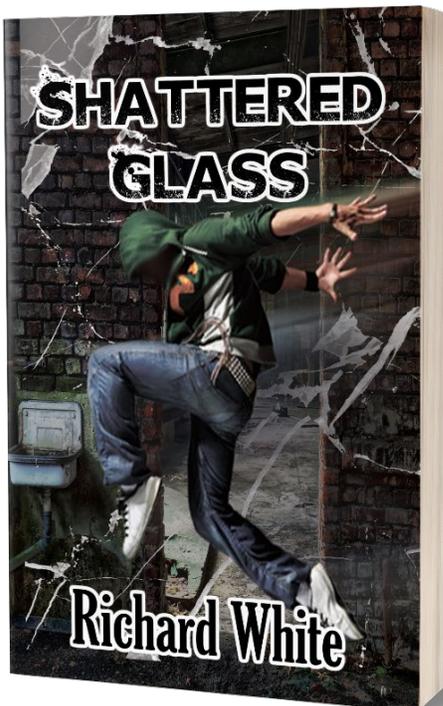
DOWNLOADABLE PHOTOS

I appreciate requests for photographs for press use. Email and let us know where you post your article so we can link to it.

-Thank you.



Richard with his daughter Madison



Heritage Edition to be released
summer of 2020



Connect with Richard White

Email: author@authorrichardwhite.com

Phone: 518-288-6733

Website: AuthorRichardWhite.com

Facebook: facebook.com/authorrichardwhite

Twitter: [@RWhiteAuthor](https://twitter.com/RWhiteAuthor)

