

Author: Richard White
Category: Poetry
Print ISBN: 979-8601805162
Publisher: Summitt Publishing House

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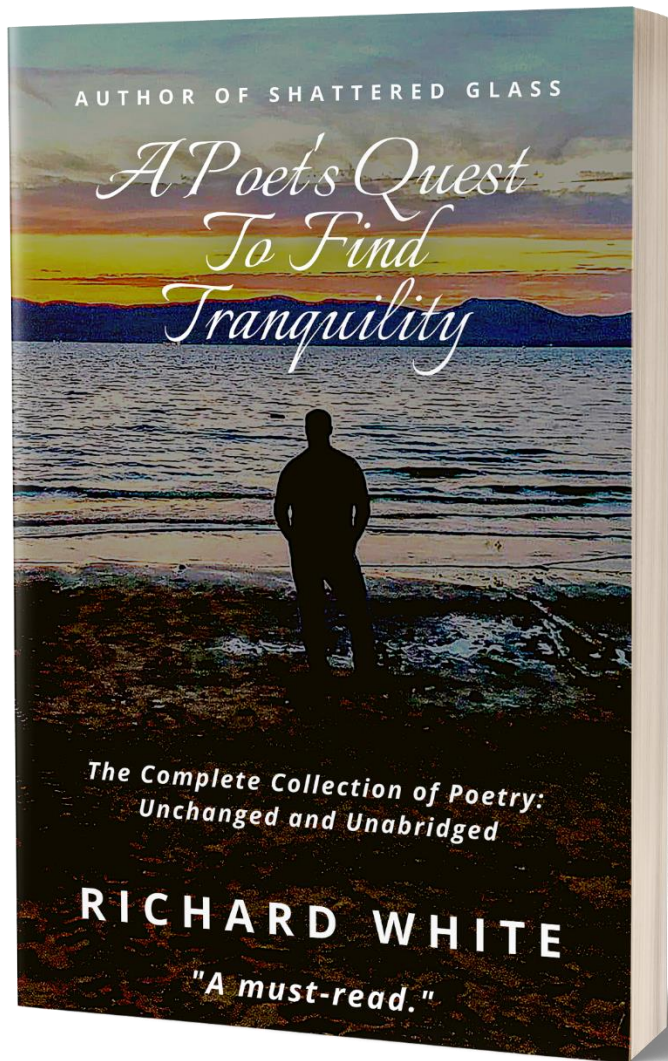
Author Bio

Richard White is the author of four books of poetry, two of which are #1 bestsellers on Amazon in several poetry categories. His poetry is about his fight with the darkness and demons of PTSD. Richard has always sought peace within. He faces his demons with a broad edge sword, keeping them from regaining control of his mind. In this journey, Richard has learned to channel his anger, rage, fear, hate and love into poetry.

The son of a logger and CNA (Certified Nurses Aid) Richard grew up in a small town in rural Vermont. Growing up with an early onset of PTSD and ADHD, Richard was institutionalized for several months. While in the institution, he discovered his love for writing and music. In 2010, Richard focused on his writing and published his work. He is currently getting his degree in English and creative writing as he works as a full time EMT until he can build his editing and publishing agency and concentrate on his writing. White's latest book, *A Poets Quest to Find Tranquility*, is a collection of all three books of poetry he has released and available on Amazon.



Richard E. White



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Book Bio

The complete collection of poetry from Richard White's three books of poetry. Richard began to love poetry and music from a very young age. He started writing poetry and songs in 1993 at the age of 13. Over the years poetry has been Richard's escape from his demons, and struggle with mental health.

"When I write poetry, it takes me out of the darkness."

His book, A Poet's Quest to Find Tranquility is the entire three book collection of his poetry all wrapped into one. He expresses his loneliness, anger, fear, love and hate for the demons and darkness he faces everyday.

Reviews

A Poets Quest to Find Tranquility 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!!!

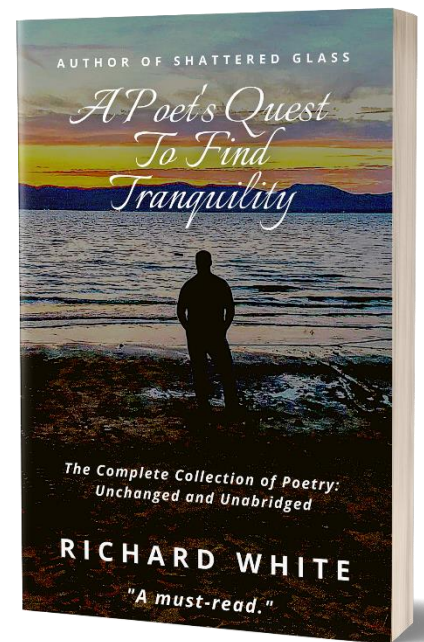
Alan Pelc

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!

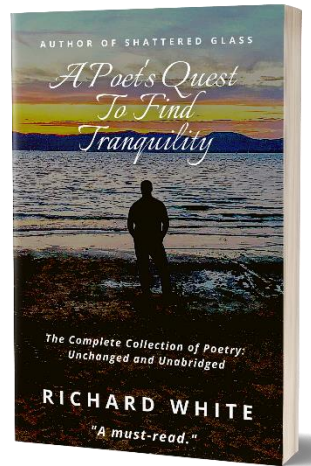
Kim Kinash

A Poets Quest to Find Tranquility 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



Target Audience



WHO SHOULD READ

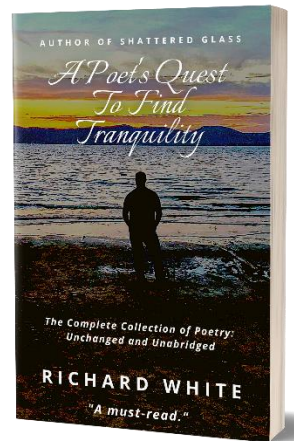
- People that love poetry
- Readers that deal with mental health
- Counselors
- Teachers
- anyone that has a passion for poetry, spoken word
- Spoken word writers/readers
- publishers

BOOK BENEFITS

- Shared life experience
- Deal with depression and emotions
- Deal with PTSD and mental health
- Gives a sense of passion
- Easy to read and understand
- easy to relate



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 you're your 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 to publish more poetry?

9

Do you research your poetry?

10

How do you shuffle a FT Job, college and writing?"

11

How many books have you written? Favorite?

12

How do you build trust in your readers?

13

What have you learned as an author?

14

Does your poetry tell a story?

15

Do you interact with your audience?

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 about you being an author?

19

Do you hear from your readers?

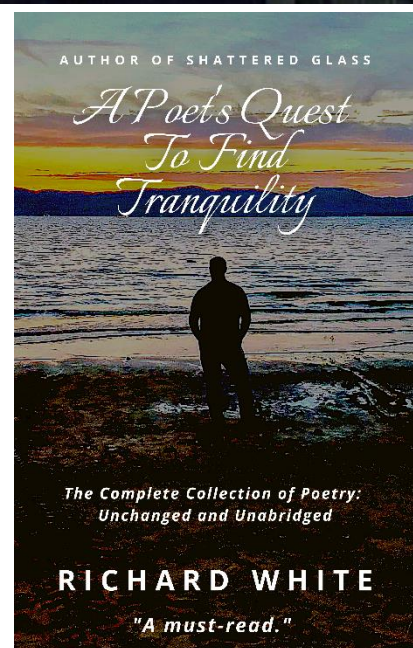
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What would you say to a writer pursuing poetry?

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.



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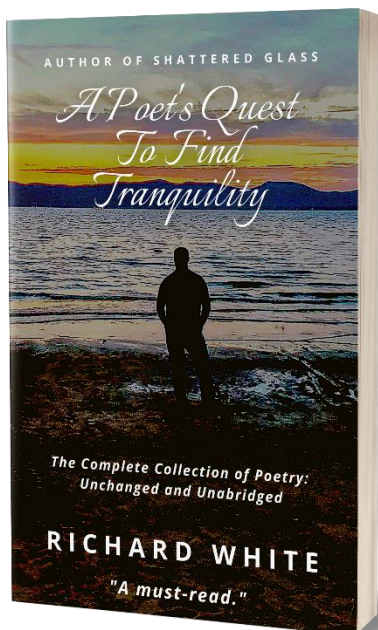
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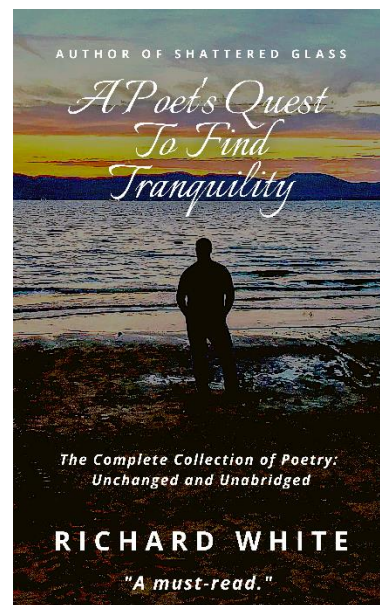
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