

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

Media Kit

[Author Bio](#)

[Book Bio](#)

[Reviews](#)

[Target Audience](#)

[Book Excerpt](#)

[Interview Questions](#)

[Story Ideas for Reporters](#)

[Downloadable Author & Book Photos](#)

[Contact Author](#)

Author Bio

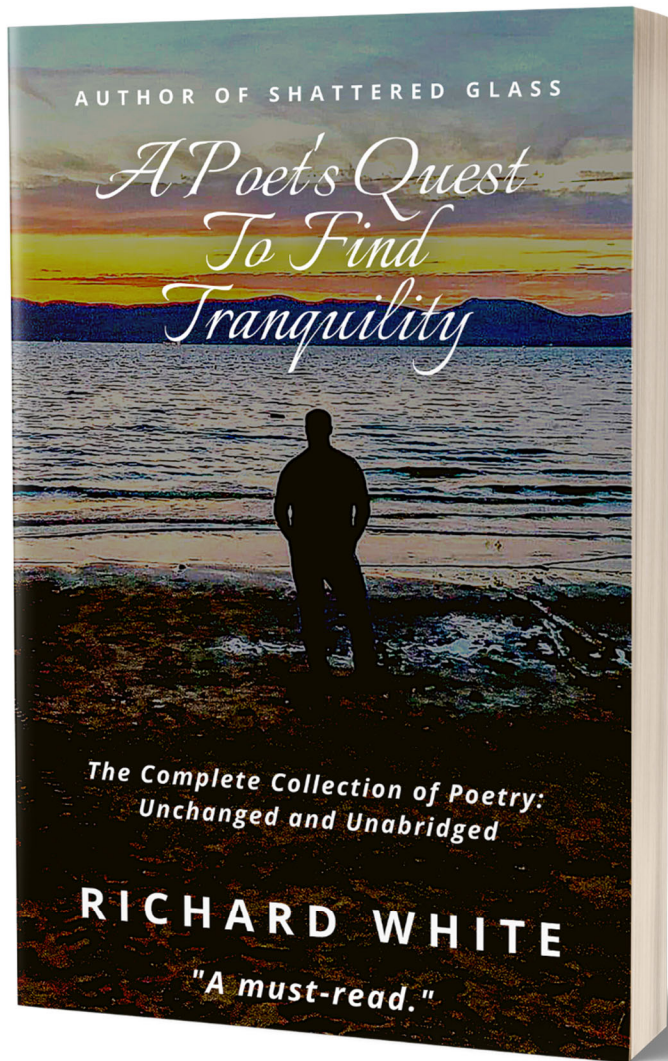
Richard White is a passionate poet and storyteller whose words resonate with raw emotion and profound insight. With a background shaped by personal struggles and triumphs, Richard channels his experiences into powerful poetry that explores the complexities of mental health, love, loss, and resilience. His writing serves as both a cathartic outlet and a source of inspiration for others facing their own battles.

A relentless seeker of tranquility, Richard believes in the transformative power of words to heal and connect. His debut collection, "**Pages Full of Memories**," along with subsequent works like "**Shattered Glass**" and "**Speaking to My Depression**," reflect his unwavering commitment to authenticity and vulnerability. Through his craft, he invites readers on a journey of introspection and understanding, celebrating the beauty of the human spirit.

When he's not writing, Richard enjoys engaging with fellow creatives and sharing his passion for poetry. His mission is to foster connection through the written word and to encourage others to embrace their own stories with courage and honesty. Join him as he navigates the landscapes of the heart and soul, one poem at a time.



Richard E. White



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Book Bio

A Poet's Quest to Find Tranquility is the definitive collection of Richard White's poetry, uniting the powerful verses from his three acclaimed poetry books into a single, immersive volume.

Richard White's passion for poetry and music began at an early age, leading him to write his first poems and songs in 1993 at just 13 years old. Over the years, poetry has become a vital refuge for Richard, offering solace and an escape from the battles with his inner demons and mental health struggles.

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

In this comprehensive collection, Richard delves deep into the raw and often turbulent emotions that shape his world. He masterfully weaves together themes of loneliness, anger, fear, love, and his complex relationship with the darkness he confronts daily. His candid and evocative verses invite readers into his journey, capturing both the intensity of his struggles and his relentless pursuit of peace and understanding.

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!!!

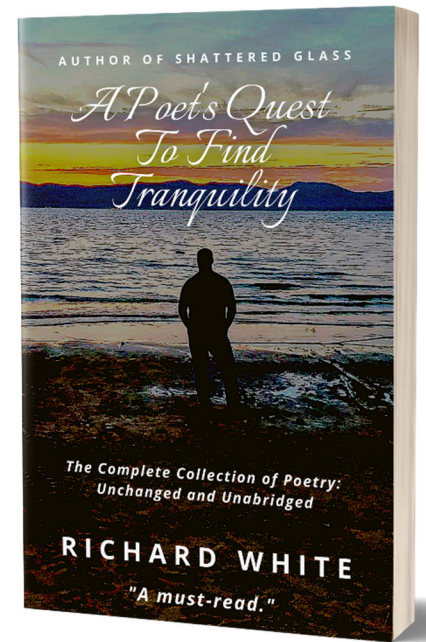
Alan Pelc

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!

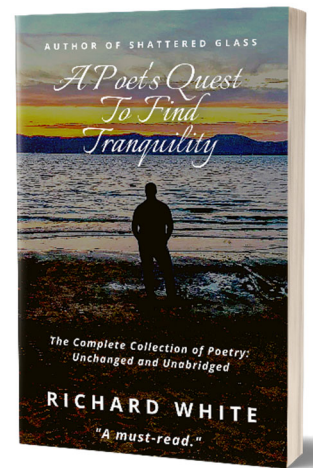
Kim Kinash

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

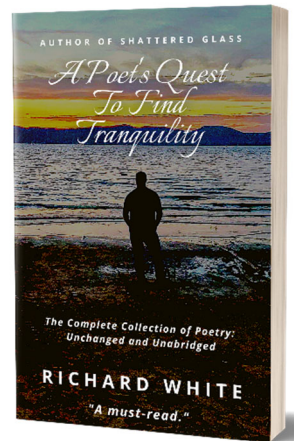
- Readers who appreciate introspective and emotive poetry
- Individuals interested in themes of mental health, personal struggle, and resilience
- Those who value raw and honest expressions of emotion
- People seeking to understand the therapeutic power of writing
- Fans of poetry that offers deep insight into the human experience

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?

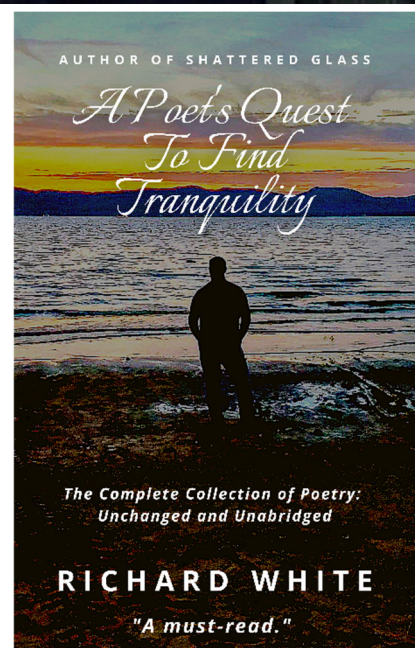
20

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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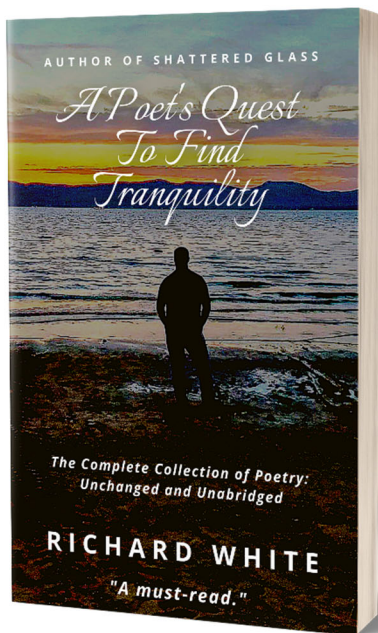
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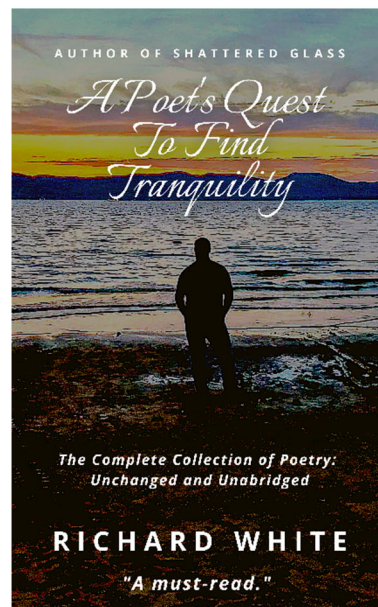
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Connect With Richard White

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Website: AuthorRichardWhite.com

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

LinkedIn: [Author Richard White](https://www.linkedin.com/in/AuthorRichardWhite)

Instagram: [AuthorRichardWhite](https://www.instagram.com/AuthorRichardWhite)

