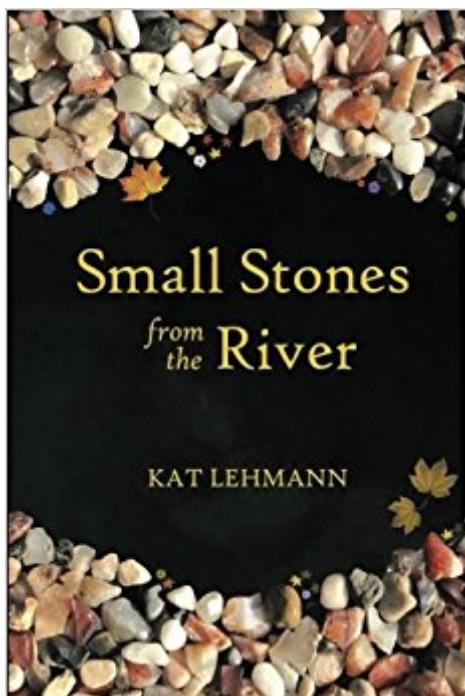


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Small Stones From The River: Meditations And Micropoems



Synopsis

Small Stones from the River is poetry and prose about survival and resilience. The book collects short, relatable, nuanced truths about love, loss, healing, forgiveness, and happiness. An ideal companion book for journaling or journeying. A small stone meets you where you are.

Book Information

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Best Sellers Rank: #681,842 in Books (See Top 100 in Books) #135 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help #161 in Books > Literature & Fiction > Poetry > Themes & Styles > Nature #669 in Books > Self-Help > Art Therapy & Relaxation

Customer Reviews

Kat Lehmann is a scientist and happiness author with a Ph.D. in biochemistry. Her eloquent writings are the voice of a lived resilience. She is the author of more than one hundred poems published in literary journals and two collections of poetry. Visit songsofkat.com and @SongsOfKat on Twitter, Instagram, or Facebook.

ÃƒÂÃ»ÃƒÂ¿Just like a favorite song lyric, a favorite verse from this book will play in my head. An easy, relateable, and enchanting read, each meditation and micropoem evokes its own unique imagery and meaning. All at once this is a sweet, delightful, complex, and thought-provoking journey through a river of stones, each one a gem. There is white space on each page which allows room for journaling, for jotting thoughts or memories, or for sketching or doodling, if you are so inclined, as I am.

A book of straight-forward, insightful self-work and universalism. Sweet yet honest. Highlighted a lot for meditative purposes and highlighting counseling concepts.

Wonderful book that is easy reading even if you normally don't read poetry! Touches the human soul!

Just exquisite.

Kat Lehmann's original poetry shows an advanced understanding of the human condition. These poems are more like word meditations where you will instantly recognize and sink into truth. The poems touch on many themes like forgiveness, misery, love, beauty, loss, emotional suffering, dreams, hope, serenity, wisdom and impermanence. Some poems answer the questions of the poem before it and others are love letters. Two poems made me laugh with delight. This is a poetry book to treasure. I truly enjoyed this relaxing and wise journey from cover to cover.~The Rebecca Reviewl received one book for review purposes.

I appreciate a good genre-defying book that dares to be itself and an author brave enough to let it be. As a lover of words and a lover of rocks, IÃfÃ¢Ã ¬Ã ¢ve been collecting both for years. You never quite know why a certain rock catches your eye more than another. Same goes for poetry and words, and finding the right ones at the right time can carry you a long way. Small Stones from the River is like that. A collection of easily digestible micropoems and meditations from the authorÃfÃ¢Ã ¬Ã ¢s own well-lived journey, you can dip into this book anytime, anywhere and find something you may need. Without demanding to be read or understood all at once, the book is much like the journey itself. It is patient, gives us room to grow, brings unexpected gifts to soothe the heartache, and helps us find the pieces in ourselves that are ready to be sorted, loved, let go of and returned to the heart renewed.

This is a truly delightful book. Inside are...stones...small verses that aren't as weighty as full-fledged poems, but most harbor much more depth than their few lines would indicate at first glance. Like stones from a river, you can pick up one of these verses at random and carry it with you throughout the day, turning it over in your hand at odd moments, noting the simplicity and the complexity, the smoothness and the roughness. My favorite way to enjoy this book. Silliness dancing rings around the depths, the extraordinary beauty of the everyday. Did I mention this is a truly delightful book?

Reading Small Stones from the River is as relaxing as a massage. Kat Lehmann's thoughts touch the soul and inspire the spirit. Each memorable nugget made me ponder life and all its magic.

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