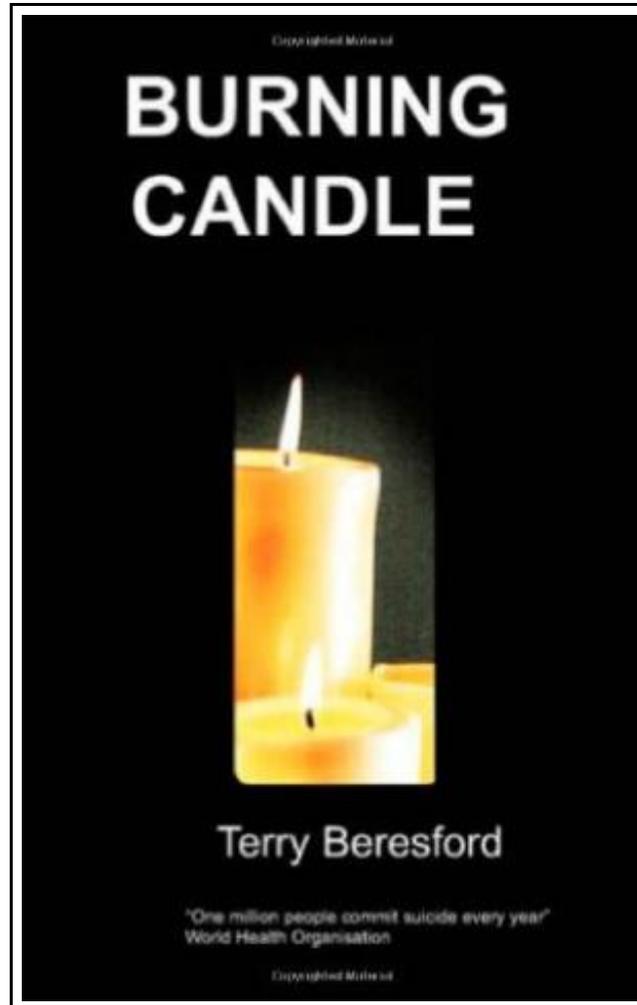


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Chipmunkpublishing, United Kingdom, 2007. Paperback. Book Condition: New. 203 x 127 mm. Language: English Brand New Book ***** Print on Demand *****.By Terence Beresford ISBN: 9781847471086 Published: 2007 Pages: 173 Key Themes: poetry, manic depression, bi-polar disorder, grief DescriptionTerry Beresford s Poems describe the experiences of manic depression. His poems are heartfelt, assured and full of pathos. About the Author Terry has been married for 36 years and has 3 children. He grew up in Rainham, Essex and in 1966 joined the Fire Service, serving in the East End of London for nearly 20 years. In 1985 Terry suffered an accident which forced him to retire. Since 1990 Terry has been diagnosed with manic depression, he was prompted to write poetry to come to terms with his illness. Many of Terry s poems were written while he was in the depths of depression. Terry is a volunteer with Basildon Mind where, for 13 years, he has helped with their counselling service. Terry s hobbies include collecting Fire Service memorabilia and writing. He has written four books to date, Burning Candle is his second to be published. Book Extract GLAD AND SAD Winter comes, we are sad Summer here we are glad Raindrops on our face The sun within your heart Go with the flow, at your pace Stick with nature, don t grow apart Butterflies, they come and go Buds flower, they have made a start Birds duck and dive in the skies Bees and wasps fly around the flowers Pollinating and feeding all day It comes and goes, glad and sad Sit down; relax in sun s warm rays Imagine the sun is all around for days No winter in your heart. GO WITH THE FLOW It came upon me in a different way, It ripped my guts away...



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