



Breaking Out a Cry for More (Paperback)

By Miss Lesley T Mukwada

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What usually starts is pain, often our spirits cannot contain it, and we become angry all the time. Our anger bores our prejudices which give birth to even more pain. This becomes a toxic cycle which can only be broken through a shift of mindset. Accepting our pains or sources of pain, opens doors to healing, faith, hope and joy. These come in ways we never expect them to; a bird singing could be the sign you needed to see in order to have hope. Breaking out a cry for more is a poetry collection about the many aspects of humanity, or the lack of thereof. It is divided into five sections: pain, prejudice, acceptance, hope and joy. In the first section, pain, which explores different kinds of pains humanity is living with, ranging from physical abuse, racism, love, rejection and death. In the first poem, Fire, it shows how we often feel the need to fill the emptiness of others materialistically even though what they need is not tangible. Some things we lose but we can never get them back and...

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