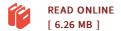


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Darkest Day: A Collection of Poems

By Alaric Cabiling

Praenomen Press, United States, 2009. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book. Praenomen Press has just released its first collection of poetry from Alaric Cabiling, a promising new writer. The works collected together in The Darkest Day are somber, dark, and sweet in the vein of Sylvia Plath, Keats, or Shelley, and reveal a poet who unflinchingly looks into the depths of depression and finds beauty. The poems in The Darkest Day are told from an outsider s perspective. Each one has its own elegiac tone, dealing with loneliness, lost innocence, and sad sentimentality. A sweet melancholy pervades much of the work, but the sadness in these poems never becomes overwhelming. Rather, the compassion behind the author s free verse arouses the reader s sympathies. Alaric Cabiling has suffered from a long battle with depression, and this comes across clearly in the work. He has said that his writing is a sort of therapy for him, and that it is his hope that The Darkest Day will reach other individuals who are themselves struggling with depression. Cabiling s book has the capacity to do a lot of good by showing victims of depression that they...



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