



Finding What You Didn't Lose (Inner Work Book)

John Fox

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Poetry discovers and speaks a truth ordinary language cannot express. And the passionate message in **Finding What You Didn't Lose** is that we're all poets--capable of giving voice to such truth.

Poet-teacher John Fox reveals how imagery, sound, metaphor, rhythm, and other poetic elements can help us tell our inner story, heal psychological wounds, discover spiritual connection, and develop the rich creative imagination that lies within us all.

Transcending the traditional academic approach to poetry writing, **Finding What You Didn't Lose** deals with craft but, more importantly, guides readers to explore their deepest feelings and express their own unique insights through the incomparable language of poetry.

Through an intermingling of inventive exercises and illustrative poems--ranging from Nobel Prize winners to first-time poets--readers are inspired to add their own distinct voice to a world fellowship of poets. For those who already write poetry, and the many more who want to, this book is the key to finding what you never lose: your natural inclination to express who you are through the making of poems.

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