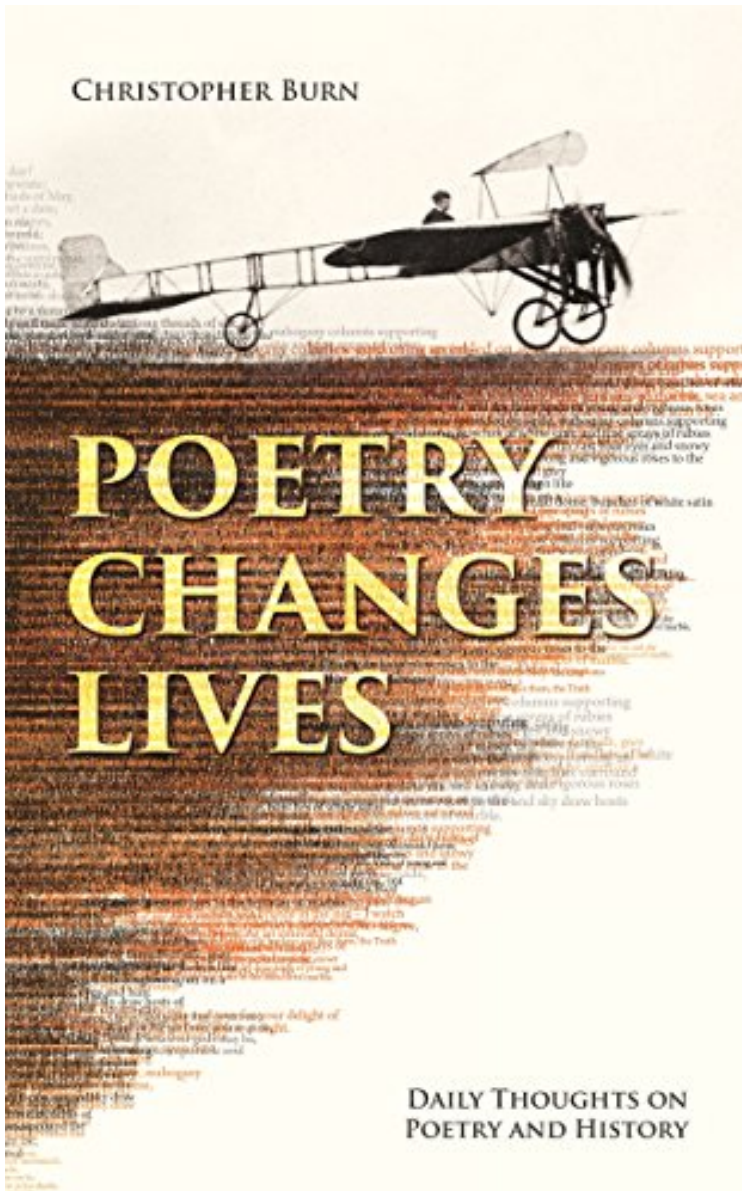


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# Poetry Changes Lives: Daily Meditations on Poetry and History (English Edition)



Par Christopher Burn  
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## Description :

Prsentation de l'diteurPoetry Changes Lives is a page-a-day of history, poetry and inspiration. The book encourages daily meditation which helps reduce stress and builds a positive attitude. Why did you choose the title Poetry Changes Lives? Christopher Burn: "I chose the title because poetry really did change my life. I love the way poetry makes me feel. When I am low it gives me hope, when I am sad it makes me happy and when bored it gives me interest. By changing my feelings, it changes my thoughts and actions and that is

how it changes my life." Why a page-a-day of history, poetry and reflection? Christopher Burn: "History's details interest me more than the main events. I would rather know Marie Antoinette's last words at the guillotine -- 'I am sorry Sir, I did not mean to put it there' (she trod on the executioner's foot) -- than the reasons for the French Revolution. Adding a poem that is in some way linked to this event adds yet more insight. The daily thought at the end of each poem is intended to help the reader to start in a positive frame of mind." Revue de presse Each day offers us a gigantic package of fact, creativity and healthy introspection.

It affects me, it makes me think, and I hope it will do the same for you. --Stephanie Wolfe

Murray Presentation de l'diteur Poetry Changes Lives is a page-a-day of history, poetry and inspiration. The book encourages daily meditation which helps reduce stress and builds a positive attitude. Why did you choose the title Poetry Changes Lives? Christopher Burn: "I chose the title because poetry really did change my life. I love the way poetry makes me feel. When I am low it gives me hope, when I am sad it makes me happy and when bored it gives me interest. By changing my feelings, it changes my thoughts and actions and that is how it changes my life." Why a page-a-day of history, poetry and reflection? Christopher Burn: "History's details interest me more than the main events. I would rather know Marie Antoinette's last words at the guillotine -- 'I am sorry Sir, I did not mean to put it there' (she trod on the executioner's foot) -- than the reasons for the French Revolution. Adding a poem that is in some way linked to this event adds yet more insight. The daily thought at the end of each poem is intended to help the reader to start in a positive frame of mind."