

Looking for a spark of poetry?

Here it is!

The Butterfly Project

A Collection of Mental-Health-Themed
Poems



ANR

Butterflies can't see their wings. They can't see how beautiful they are. People are like that too.

-Unknown

Ironton, Jun 12, 2020 (IssueWire.com) - *The Butterfly Project: A Collection of Mental Health Poetry*

ANR, author of *Girl of Puzzles*, is helping to spread mental health awareness, understanding, and treatment through her new poetry book centered on her own tragic journey with depression.

ANR is dedicated to the platform of mental health and helping others through her writing. She also encourages classic literature reading among young age groups to help sprout deeper knowledge as they grow.

The Butterfly Project is a book not meant for the light-hearted; it contains some gruesome imagery such as self-inflicted wounds and suicide, so this may not be the book for you if you are easily triggered by such subjects.

This small collection of under seventy poems has two editions, the original, and a continued second edition with more poems and resources to help guide those struggling through things, especially in this uncertain time. The second edition, simply titled *The Butterfly Project: Second Edition* was an Amazon Best Seller in Mood Disorders and has sold over two hundred and fifty copies!

"This book was painfully accurate to how mental illness feels for those afflicted and I related to much of the content." said Christian Xavier, a proud customer.

"This book is a short collection of mental health themed poems. As I read through this collection of poems, I had an emotional response. I felt sadness for what they were experiencing, I also felt hopeful and encouraged. The poems made me reflect on my life experience and relive memories I did not think were so close to the surface. Poems are a great outlet for emotions. Great poems will elicit an emotional response in the reader or challenge their perceptions of themselves or the world around them. These are great poems worth reading several times. It definitely has a place in my poem collection." Said another proud customer, Suzanne.

ANR has been writing since 2017 and comes from a family of writers. The young, teen writer is a dedicated volunteer at the Lawrence County Museum and also enjoys photography and poetry.

Coming from Lawrence County, Ohio, ANR published her first book just a week before her fifteenth birthday. Coming from a family of writers, her grandfather being the author of multiple published books, her mother is a freelance writer for their local newspaper, being a writer is just in her blood.

She has three younger sisters and two older brothers and currently lives on a homestead in Ohio, raising their six chickens, one rooster, two dogs, five rabbits, and one cat.

Buy the book at <https://linktr.ee/GirlofPuzzles>



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