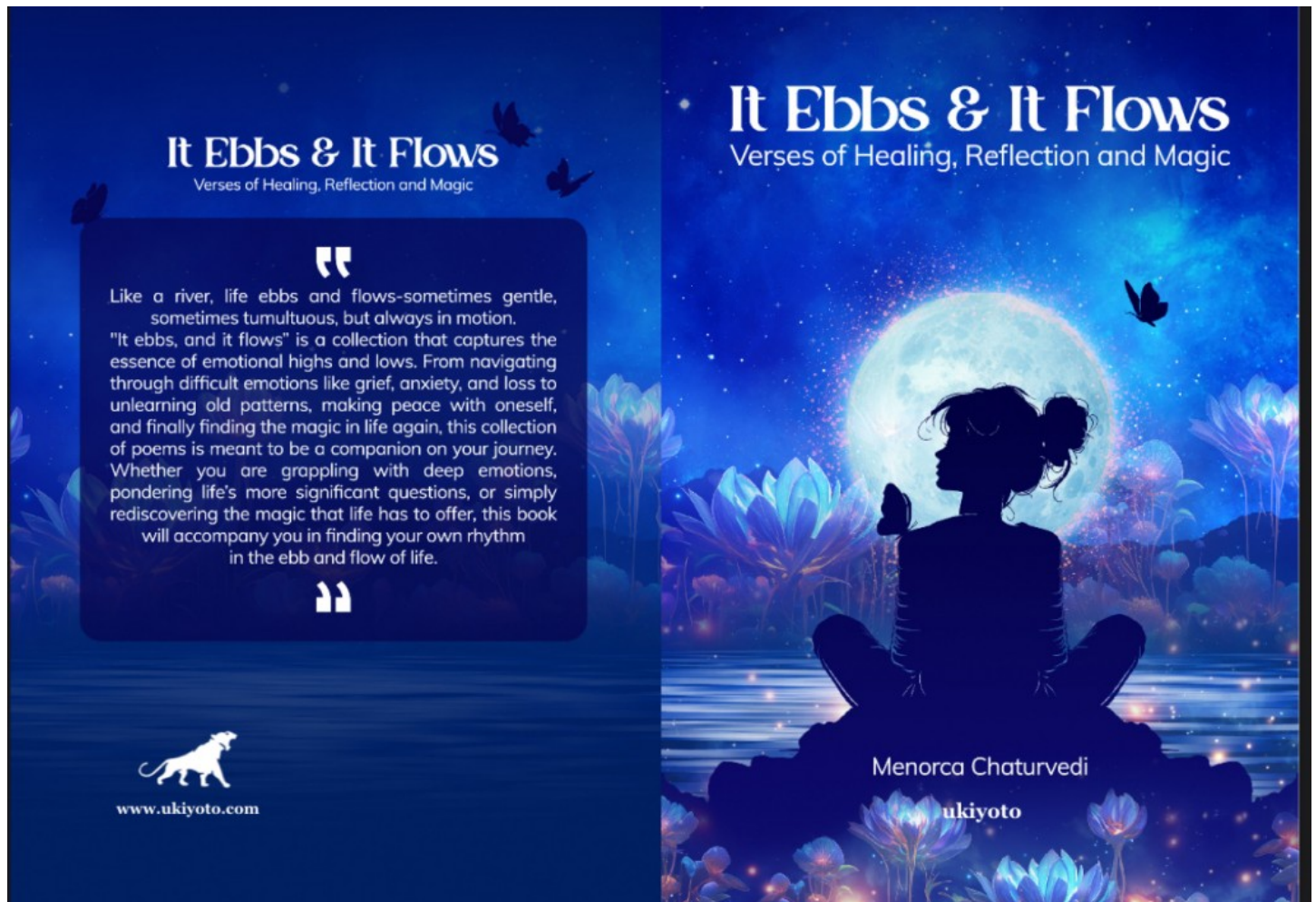


Author Menorca Chaturvedi releases her book "It Ebbs and It Flows"

It Ebbs and It Flows: A Poignant Poetry Collection for Mental Health Awareness Month



Hyderabad, Telangana May 2, 2025 ([Issuewire.com](https://www.issuewire.com)) - As May marks Mental Health Awareness Month, Menorca Chaturvedi invites readers on a profound emotional resilience and self-discovery journey with her debut poetry collection, ***It Ebbs and It Flows***. Inspired by the rhythms of rivers, Chaturvedi's evocative verses explore the ebbs and flows of grief, anxiety, healing, and hope—offering a reflective companion for all who navigate life's emotional currents, a journey we all share.

In an era where conversations around mental health are more vital than ever, '*It Ebbs and It Flows*' aligns with efforts to promote well-being, mindfulness, and self-reflection. The collection, widely available on **Ukiyoto, Amazon, Barnes & Noble, Hugendubel, and Thalia**, has already struck a chord with readers worldwide, earning praise for its authenticity and relatability. The book has been embraced as a source of solace, with Goodreads reviewers highlighting its raw emotion and lyrical beauty.

Inspired by the natural rhythms of rivers, *It Ebbs and It Flows* serves as a metaphor for the fluctuating experiences of life. Chaturvedi's verses delve into grief, anxiety, loss, and healing themes, encouraging readers to embrace their emotions and find strength amidst adversity. The collection has garnered

praise for its authenticity and relatability, resonating with individuals seeking solace and understanding.

One reader shared, "Menorca Chaturvedi's debut collection of poems touches a gamut of emotions... *It Ebbs and It Flows* ran deep into my heart and left me with a sense of calm and understanding." Another noted, "Some books don't just tell a story—they feel like a warm hug, a deep conversation, or a quiet moment by the river. *It Ebbs and It Flows* is one such collection."

The release of *It Ebbs and It Flows* coincides with several mental health initiatives in 2025, including Mental Health Action Day on May 15 and NAMIWalks United Day of Hope on May 17. These events aim to shift mental health culture from awareness to action, encouraging individuals to take proactive steps toward well-being.

Chaturvedi's work contributes to this movement by offering readers a means to reflect, heal, and connect with their emotions. The collection is not just a book, but a catalyst for meaningful discussions and a source of inspiration for healing. It may interest mental health organizations, book clubs, and support networks to spark discussion and inspire healing.

A Thoughtful Gift to Support Mental Wellness

With its deeply introspective and healing themes, *It Ebbs and It Flows* makes for a meaningful gift for loved ones—whether they are poetry enthusiasts or individuals seeking comfort in difficult times.

About the Author

Menorca Chaturvedi is a poet and writer whose work captures the interplay of human emotions and nature. A storyteller at heart, she draws inspiration from personal experiences, global travels, and life's impermanence. Through her blog, europediaries.com, and social media presence, she continues to share travel inspiration and thought-provoking reflections on creativity, resilience, and the magic in life.

Availability

It Ebbs and It Flows is available on Ukiyoto, Barnes & Noble, Hugendubel, Thalia, and Amazon. Readers can explore reviews and discussions on Goodreads:

<https://www.goodreads.com/book/show/228276195-it-ebbs-and-it-flows>

For interviews, review copies or media inquiries, please contact : europediaries@gmail.com

Get your copies at,

<https://www.ukiyotoindia.com/product-page/it-ebbs-and-it-flows>

<https://amzn.in/d/idkkPfr>



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Source : ukiyoto

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