

A Heartbeat Across Continents: Poet Sassa Aissou Releases Echo of My Heart, a Memoir in Poetry

A Powerful Memoir-in-Poetry Tracing an Olympian's Journey Through Identity, Resilience, and Love

ECHO of my heart



MEMOIR IN POETRY

Algeria → Olympics → New York → Poet

By Sassa Aissou

New York City, New York Nov 19, 2025 ([IssueWire.com](https://www.IssueWire.com)) - In an era where poetry often feels like a whisper against the noise of modern life, [Echo of My Heart](#), the debut work by Algerian-born poet and former Olympian [Sassa Aissou](#), arrives like a steady pulse intimate, radiant, and alive.

Structured as a “memoir in poetry,” *Echo of My Heart* traces Aissou’s journey from **the sun-drenched streets of Algeria** to the fierce discipline of Olympic courts, and onward to **the luminous chaos of New York City**, where she ultimately discovers that home is not a place, but a rhythm carried within.

Each poem unfolds like a chamber of the human heart **love, longing, endurance, and rebirth** blending memoir and verse into a seamless act of remembrance. Through vivid imagery and spare, elegant language, Aissou reveals a life shaped by both exile and belonging.

“Before I knew myself,” she writes, “my heart had already spoken my name whispered in Arabic, stitched with Algeria’s pulse.”

From the tender lullabies of *Motherhood* to the electric intensity of *The Olympic Flame* and the spiritual stillness of *Eternal Flame*, her work invites readers to experience the universal rhythms of identity, resilience, and love.

Echo of My Heart is not simply a book of poems it is **a testament to the endurance of spirit**, a reminder that every journey, no matter how fractured, still beats in time with something divine.

About the Author

Born in **Algeria**, raised through the discipline of athletics, and transformed by her life in **New York**, [Sassa Aissou](#) is a poet, painter, and storyteller whose voice bridges continents and cultures. Her art explores the intersection of memory, migration, and motherhood illuminating what she calls “*the language of light*.”

[Echo of My Heart](#) marks her debut publication, with future works expanding into **The Timeless Collection / Museum Edition**, where poetry and visual art meet as one continuous conversation.

Availability

[Echo of My Heart: A Memoir in Poetry](#)



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