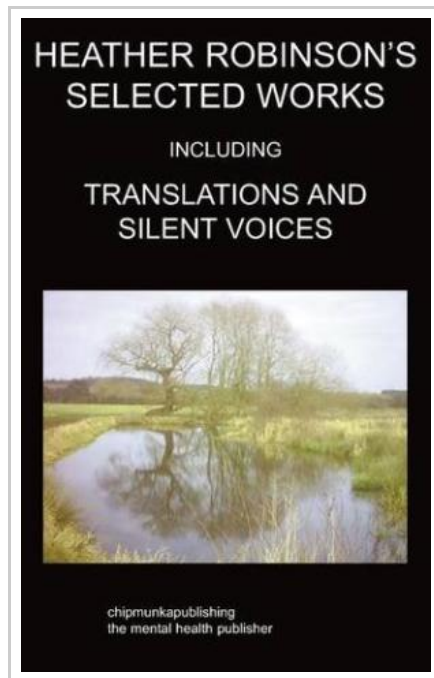




Heather Robinson s Selected Works: Poetry

By Heather Robinson

Chipmunkpublishing, United Kingdom, 2009. Paperback. Book Condition: New. 203 x 127 mm. Language: English Brand New Book. About the Author Heather Robinson is now 22, a gym instructor working in London. She has been involved in fundraising, sports events and mental health documentaries trying to create awareness about the mis-diagnosis currently in the NHS. Originally from Leeds she developed anorexia nervosa as a secondary illness to OCD. The conditions worked hand in hand for six years until finally she worked out her own strategies to repair the mental and physical damage done. She writes, is a keen poet, loves music, dance, sport, running, clubbing, outdoor pursuits and socialising. One day she hopes to open a sports clinic for addictions. Book Extract RUNNING IN THE RAIN
Starting light which cools my skin. My clothes now tight that soothe within. Seeming hydrated, energy inflated, Faster rhythm the pure has created. Dripping, soaked, sodden but pure, Health in my skin much improved I m sure. The big smoke is no equal match to nature s promise of an oasis and fresh catch. Rain clears the tears which have built up over the years. Satisfied, my head is empty, Running in the rain, do...



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