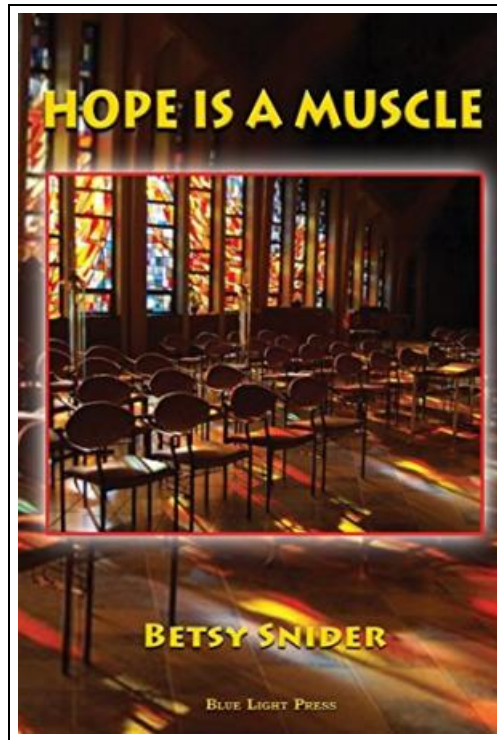


## Hope Is a Muscle (Paperback)



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## HOPE IS A MUSCLE (PAPERBACK)



Blue Light Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Betsy Snider is a retired attorney who lives on a lake in rural New Hampshire with her cat Sophie and the ghosts of her many dogs. When she is not swimming or hiking, she writes poetry and has volunteered as a CASA Guardian ad Litem for abused and neglected children. She was first published in the ground-breaking anthology, *Lesbian Nuns: Breaking Silence* (Naiad Press, 1985). Her poetry has been published in a variety of journals and anthologies, most recently in *River of Earth and Sky: Poems for the 21st Century* (Blue Light Press, 2015); *You Must Remember This* (Poetry Society of New Hampshire, 2015); *Poet s Showcase* (Hobblebush Press, 2015); and *Love Over 60: an anthology of women poets* (Mayapple Press, 2010). She is also a winner of the 2015 Blue Light Book Award for her new book of poems, *Hope is a Muscle*. ENDORSEMENTS: In this unusual collection of poems, Betsy Snider takes us back to her youthful years as a nun, when she tried to escape from a troubled childhood and then struggled to surrender instead to the safety of the convent s strict rules. Throughout the long course of the writer s life, her spirit is strong, and the poems later lead us forward to a new life in rural New Hampshire. Often wrought with precise detail, in straightforward and deeply felt language, her poems are suffused with yearning-for a lover, for heat, for Greece, for the sensuous life-as she suffers the silence of both God and love, and struggles to choose between a loss of freedom and freedom s risks. Always, she desires anything but this / dread . where / . I fall beneath the...



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