



## freebird Fridays: a love story

*BethAnne Kapansky Wright*

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## **freebird fridays: a love story** BethAnne Kapansky Wright

A beautiful collection of poetry, prose and meditations, "freebird fridays" celebrates the multiple faces of love. Whether the words are exploring our relationship with ourselves, our relationship with life, or our relationships with one another, there is a celebration of love running through the veins of this book that encourages the reader to choose love, again and again, through self-acceptance, self-compassion and self-kindness. Inspiring, whimsical, genuine and reflective, "freebird fridays" is a beautiful tribute to the changing powers of love. "Freebird Fridays' is a delightfully careful and robust examination of what it means to live life with an open heart. In soulful reflections and exaltations, BethAnne Kapansky Wright's poetry opens our eyes to glowing vistas of love, over landscapes of faith, hope and courage. This joyfully illustrated and nourishing debut collection is a sweet testament of what happens when a poet triumphantly declares 'only love sustains.'"—Catherine (Ghosh) Schweig, Founder of "The Journey of the Heart Poetry Project"

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