



101 Poems to Get You Through the Day (and Night)

Daisy Goodwin

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This is an anthology designed to help you get through the stresses of modern life. For rapid and effective relief around the clock, 24-7, without side effects, try a poem -- whatever the time of the day (or night), you can be sure that some poet, past or present, has been there too.

To help you find the right poem at the right time, the organization of the book is like that of a book of hours. Starting with Getting Up, it then moves on to those other morning traumas: Stepping on the Scale and Looking into the Mirror.

As the day moves on there are sections to cover everything, from Office Politics to Off to School. And if by five p.m. your head is throbbing, dig into the poems in the Take 5 section and let the world recede. By the end of the day you may want to look for inspiration among the poems in Going Home, but if you are intent on veering from the straight and narrow, then turn to the Behaving Badly poems and you'll find you're in good company. Anyone who feels vaguely guilty about settling down in front of the TV instead of taking café society by storm should turn to the poems in the Not Tonight section.

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