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Depression Other Magic Tricks

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The Rudie Librarian talks about Depression \u0026amp; Other Magic Tricks Review \\\\ Depression \u0026amp; Other Magic Tricks Sabrina

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Benaim - "Explaining My Depression to My Mother" Sabrina

Benaim - "The Loneliest Sweet Potato" ~~A Chat: poetry, drama and~~

~~depression~~ Sabrina Benaim - Live Reading - Depression \u0026 Other Magic Tricks - Sydney, Australia Sabrina Benaim - "First Date" (NPS 2015)

Rese ñ a Depression \u0026 Other Magic Tricks Sabrina Benaim -

"The Truth Has Three Sides" Sabrina Benaim - "So, I'm Talking to Depression..." Sabrina Benaim - "The Slow Now" ~~Part I: My~~

~~personnal reading of " Explaining my depression to my mother " by S.~~

~~Benaim Explaining Depression 9 English Conversation Questions to~~

~~Know Someone Better~~ Sabrina Benaim - "How to Unfold a Memory"

Sabrina Benaim - "What I Told the Doctor" Sabrina Benaim - "How

to Fold a Memory" EASY Mind Reading Trick Explained! 4 CRAZY

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Depression & Other Magic Tricks is the debut book by Sabrina Benaim, one of the most-viewed performance poets of all time, whose poem "Explaining My Depression to My Mother" has become a cultural phenomenon with over 50,000,000 views. Depression & Other Magic Tricks explores themes of mental health, love, and family.

Depression & Other Magic Tricks (Button Poetry): Benaim ...
Depression & Other Magic Tricks explores themes of mental health, love, and family. It is a documentation of struggle and triumph, a
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Depression & Other Magic Tricks by Sabrina Benaim

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Amazon.com: Depression & Other Magic Tricks eBook: Benaim ...
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Depression & Other Magic Tricks - Button Poetry

Depression & Other Magic Tricks boasts a lot of that same passion, though the translation of her work to text rather than speech sometimes leaves things to be desired. From the book 's introduction, which plays with words and what they mean until Benaim circles back around to a simple " hello " to deep, ...

Book Thoughts: Depression & Other Magic Tricks - The ...

Sabrina Benaim, quote from Depression & Other Magic Tricks
" my happy is a high fever that will break, my happy is as hollow as a pin-pricked egg " Sabrina Benaim, quote from Depression & Other Magic Tricks " & my heart has developed a kind of amnesia, where it remembers everything but itself. "

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12+ quotes from Depression & Other Magic Tricks by Sabrina ...

48 quotes from Depression & Other Magic Tricks: ' i held handswith my sadness,sang it songs in the shower,fed it lunch,got it drunk& put it to bed ea... Home My Books

Depression & Other Magic Tricks Quotes by Sabrina Benaim

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Depression & Other Magic Tricks Benaim Sabrina, Tricks Other

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Sabrina Benaim - Button Poetry

Depression & Other Magic Tricks (Button Poetry) by Sabrina Benaim | Aug 22, 2017. 4.6 out of 5 stars 268. Paperback \$11.86 \$ 11. 86 \$16.00 \$16.00. Get it as soon as Fri, Sep 6. FREE Shipping on orders over \$25 shipped by Amazon. More Buying Choices \$6.36 (81 used & new offers) ...

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Depression & Other Magic Tricks by Sabrina Benaim ...

Editions for Depression & Other Magic Tricks: 1943735204

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Editions of Depression & Other Magic Tricks by Sabrina Benaim

Performance poet Sabrina Benaim presents Depression & Other Magic

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Tricks, a collection of poems that explores themes of mental health, love, and family. It is a documentation of struggle and triumph, a celebration of daily life and of living....

Sabrina Benaim — Audio Books, Best Sellers, Author Bio ...

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Depression & Other Magic Tricks | IndieBound.org

A realistic self-help book wouldn't sound like "Easily banish your anxiety with these simple tricks!" It would sound like "Moderately

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improve your anxiety over a span of many years by ...

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Depression & Other Magic Tricks is the debut book by Sabrina

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Benaim, one of the most-viewed performance poets of all time, whose poem "Explaining My Depression to My Mother" has become a cultural phenomenon with over 5,000,000 views. *Depression & Other Magic Tricks* explores themes of mental health, love, and family. It is a documentation of struggle and triumph, a celebration of daily life and of living. Benaim's wit, empathy, and gift for language produce a work of endless wonder.

From one of the most-viewed spoken word poets of all time, a poetry collection exploring themes of loneliness, anxiety and longing, while also celebrating the gifts that come with being alone—the chance to live on your own terms, to learn to love yourself without any

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distractions, and to become your own biggest champion. Over the past few years, Sabrina Benaim toured nonstop across North America and beyond in support of her first book, *Depression & Other Magic Tricks*, performing, connecting with readers, and leading writing workshops. People constantly thank Sabrina for giving them the confidence and language they needed to acknowledge their own mental health struggles and ask for help, as well as for providing them with a safe refuge. Then, suddenly, Sabrina's long-term relationship ended, the world went into lockdown, and her mother fell ill. Living alone in a different country, with nowhere else to go, Sabrina returned to the page. Unfurling over the course of July 2020—a blisteringly hot month spent in isolation—and in 75 original poems, *I Love You, Call Me Back* dares to embrace loneliness in all its permutations: the sorrow of getting your mother's voicemail when you call to say "I love you"; the

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bittersweetness when your dog takes up your ex's side of the bed; the joy of eating ice cream for dinner and singing badly, loudly. Here, Sabrina attempts to work out who she is when nobody else is around, and she comes out the other side with a whole new sense of strength and self-worth. I Love You, Call Me Back is an ode to Sabrina's mom, a celebration of life in the face of so many unknowns, and the cathartic, healing balm we all need right now and for years to come. In her words, "Sometimes self-care is just surviving." And that's okay. Sabrina shows us that there's beauty and courage in that, too.

Helium is the debut poetry collection by internet phenom Rudy Francisco, whose work has defined poetry for a generation of new readers. Rudy's poems and quotes have been viewed and shared millions of times as he has traveled the country and the world

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performing for sell-out crowds. Helium is filled with work that is simultaneously personal and political, blending love poems, self-reflection, and biting cultural critique on class, race and gender into an unforgettable whole. Ultimately, Rudy's work rises above the chaos to offer a fresh and positive perspective of shared humanity and beauty.

Nothing is Okay is the second full-length poetry collection by Rachel Wiley, whose work simultaneously deconstructs the lies that we were taught about our bodies and our beings, and builds new ways of viewing ourselves. As she delves into queerness, feminism, fatness, dating, and race, Wiley molds these topics into a punching critique of culture and a celebration of self. A fat positive activist, Wiley's work soars and challenges the bounds of bodies and hearts, and the ways we carry them.

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Blythe Baird's *If My Body Could Speak* is a celebration of girlhood and all of its struggles and triumphs. In poems that dig deep into sexuality, acceptance of the body, survival of trauma, and learning to love yourself in spite of everything telling you not to, Baird's voice is a rich addition to her generation. Searing, soaring, and heartbreaking, *If My Body Could Speak* balances the softness of femininity with the sharpness that girls are forced to become. Includes poems such as "Girl Code 101", "When the Fat Girl Gets Skinny", and "Pocket-Sized Feminism" that have been watched by millions online.

"When you're dumb enough for long enough, you're gonna meet someone too smart to love you, and they're gonna love you anyway, and it's gonna go so poorly," Neil Hilborn writes in his debut full-

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length collection, OUR NUMBERED DAYS. In 2013, Hilborn's poem "OCD" went viral, and has amassed over 11 million views to date.

While this collection ruminates on love, heartbreak, and mental illness, these poems are anything but saccharine. Hilborn uses the same humor and self-deprecation that propelled "OCD" to success in order to make his unmatched vulnerability all the more powerful. Ultimately, Hilborn is a poet of the people: his work is accessible, honest, and entertaining; a revitalizing entry in contemporary poetry.

Revenge Body is a poetry collection that explores anger (righteous and not), black identity, body image, loss, want, and mental health.

Clatter is a chapbook by Neil Hilborn, produced in the aftermath of his severe concussion in a bicycle accident. Written in museums, ex-

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girlfriends ' kitchens, and Mexico, the chapbook showcases Hilborn ' s breadth of style as well as his humor, and represents a unique glimpse into the writer's early work.

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