



The Unravelled Heart

Kathy Parker

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Author Kathy Parker is a lover of beautiful words and wide-open spaces—a writer, poet, survivor, warrior, and word alchemist. In this new work, she presents a journey of breaking to mending, surviving to loving, and the courage to rise from our darkest places, undefeated.

The Unravelled Heart, her first published collection of poems and prose, offers a profoundly honest reflection on trauma, abuse, love, loss, and healing. These verses confront our rawest humanity through powerful words and unveiled emotion. They move from anguish to a place of quiet resilience and tender hope. Delicate yet empowering, these poems seek to piece together the heart torn by sorrow.

"And today you picked yourself up from the floor And made it through another day. Never let anyone tell you what your brave should look like. This is how you heal: One hard-fought day at a time. This is how you mend your broken."

The Unravelled Heart Details

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Author : Kathy Parker

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From Reader Review The Unravelled Heart for online ebook

Shawna Alpdemir says

The Unravelled Heart is heavy. I had to push myself to finish it over the span of a couple months, and I don't know that I'd recommend it to anyone currently going through serious heartache or abuse, or with existing trauma from past heartache or abuse. I can see it being triggering. I've been through some shit, and I definitely felt some lines in the gut. I wouldn't want someone to wander into this unknowingly.

The pieces individually were beautifully written, and there were many lines that I really liked. That being said, more thought could have been put into the curation of the prose and poetry in order to minimize repetition.

Also, the typography was very distracting. The fonts chosen weren't the most legible, and they varied in size and spacing. There was a weird page tint throughout the book which I found distracting. I couldn't help but wonder how many pages shorter the collection would have been if it wasn't double spaced throughout, and if some poems had been spaced properly to allow them to all fit on one page instead of leaving a few lines lonely on the next page (I kept thinking "poor tree, poor tree"). Your words are more than enough to carry the beauty. You don't need the bells and whistles. Let readers color the pages with their imagination.

Jodie How says

Kathy is a gifted word alchemist who bleeds beautifully on the page. Her vulnerability in this collection is both brave and praiseworthy.

The Unravelled Heart is nothing short of powerful - pulling blurs of emotion into sharp focus that the reader can identify with. Kathy has a kind, soulful voice which serves, ultimately, to empower the reader.

The Unravelled Heart is a heavy read with repetitive themes of loss and pain. For these reasons, I don't think it is suitable for reading in one sitting. I recommend reading The Unravelled Heart in bite-sized pieces to gain the most benefit from it. In fact, it is laid out in a way that lends itself to being read this way.

Whilst Kathy's debut collection is not literary in its style, this is not to its discredit. Her poetry and prose is truly lyrical and an absolute treat for both the broken-hearted and word lovers alike.

Get your hands on a copy. I guarantee you'll be spoilt rotten.

Joana says

This is the first time I've read contemporary poetry and poetic prose. And I have to say, I truly believe this book was a great start.

The poems are very relatable in different levels; I know the author has been to hell and back, but (for example) the first one, "The Unravelling", was full of thoughts I believe have crossed all of our minds at

some point in our lives, even if we haven't suffered abuse in our own flesh.

My favorites were this one, "She Will Be The Storm", "We are ropes entwined in sheets" and "Stubborn Heart". I even got emotional and cried while reading some of them.

I am very glad I won this book on a Goodreads Giveaway, because otherwise I would've never read it and I wouldn't even know what a good and touching reading I would have missed.

Kathy Parker is kind of obsessed with "fingerprints", but never mind hahaha

Paul Kohn says

This book is a work of art; both the incredible cover and every single amazing word inside.

Kathy has poured her heart and soul into every single poem and prose contained in this book, and creates a unique imagery that grabs you as the reader and draws you in, touching your heart and soul in a truly tangible and life-changing way.

Like the brightest star in a dark night's sky, this book connects with the reader and guides them on a journey from breaking to surviving, healing to loving, and rising above pain and sorrow. It delivers a message of the hope and empowerment to be found and realised out of the darkest situations.

A real, raw and truly inspirational read that will help so many to find healing, and have a profound and positive impact on the lives of everyone who reads it.

Stuart Hargreaves says

Wonderful, some of the poems are really outstanding, especially "Names carved in Flesh "and "At least they keep me company"are just two of them. I love books like this, just a few minutes, pick it up read the poem a couple of times and digest the words. Thanks
