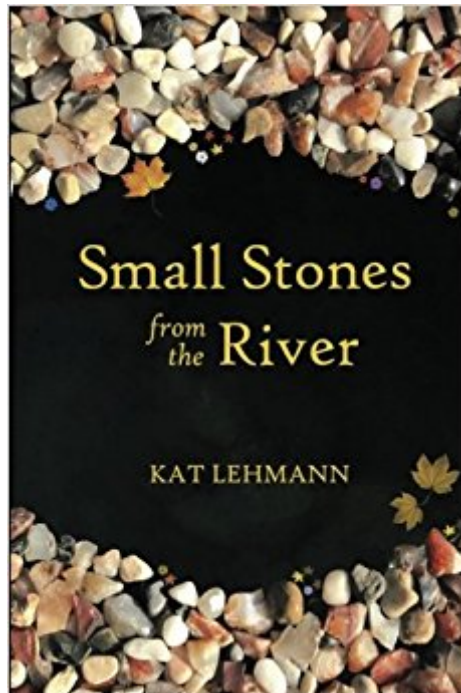




The book was found

Small Stones From The River: Meditations And Micropoems



Synopsis

Small Stones from the River is poetry and prose about survival and resilience. The book collects short, relatable, nuanced truths about love, loss, healing, forgiveness, and happiness. An ideal companion book for journaling or journeying. A small stone meets you where you are.

Book Information

Paperback: 192 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (June 29, 2017)

Language: English

ISBN-10: 154555580X

ISBN-13: 978-1545555804

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12.3 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #681,842 in Books (See Top 100 in Books) #135 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help #161 in Books > Literature & Fiction > Poetry > Themes & Styles > Nature #669 in Books > Self-Help > Art Therapy & Relaxation

Customer Reviews

Kat Lehmann is a scientist and happiness author with a Ph.D. in biochemistry. Her eloquent writings are the voice of a lived resilience. She is the author of more than one hundred poems published in literary journals and two collections of poetry. Visit songsofkat.com and @SongsOfKat on Twitter, Instagram, or Facebook.

Just like a favorite song lyric, a favorite verse from this book will play in my head. An easy, relateable, and enchanting read, each meditation and micropoem evokes its own unique imagery and meaning. All at once this is a sweet, delightful, complex, and thought-provoking journey through a river of stones, each one a gem. There is white space on each page which allows room for journaling, for jotting thoughts or memories, or for sketching or doodling, if you are so inclined, as I am.

A book of straight-forward, insightful self-work and universalism. Sweet yet honest. Highlighted a lot for meditative purposes and highlighting counseling concepts.

Wonderful book that is easy reading even if you normally don't read poetry! Touches the human soul!

Just exquisite.

Kat Lehmann's original poetry shows an advanced understanding of the human condition. These poems are more like word meditations where you will instantly recognize and sink into truth. The poems touch on many themes like forgiveness, misery, love, beauty, loss, emotional suffering, dreams, hope, serenity, wisdom and impermanence. Some poems answer the questions of the poem before it and others are love letters. Two poems made me laugh with delight. This is a poetry book to treasure. I truly enjoyed this relaxing and wise journey from cover to cover.~The Rebecca ReviewI received one book for review purposes.

I appreciate a good genre-defying book that dares to be itself and an author brave enough to let it be. As a lover of words and a lover of rocks, I've been collecting both for years. You never quite know why a certain rock catches your eye more than another. Same goes for poetry and words, and finding the right ones at the right time can carry you a long way. *Small Stones from the River* is like that. A collection of easily digestible micropoems and meditations from the author's own well-lived journey, you can dip into this book anytime, anywhere and find something you may need. Without demanding to be read or understood all at once, the book is much like the journey itself. It is patient, gives us room to grow, brings unexpected gifts to soothe the heartache, and helps us find the pieces in ourselves that are ready to be sorted, loved, let go of and returned to the heart renewed.

This is a truly delightful book. Inside are...stones...small verses that aren't as weighty as full-fledged poems, but most harbor much more depth than their few lines would indicate at first glance. Like stones from a river, you can pick up one of these verses at random and carry it with you throughout the day, turning it over in your hand at odd moments, noting the simplicity and the complexity, the smoothness and the roughness. My favorite way to enjoy this book. Silliness dancing rings around the depths, the extraordinary beauty of the everyday. Did I mention this is a truly delightful book?

Reading *Small Stones from the River* is as relaxing as a massage. Kat Lehmann's thoughts touch the soul and inspire the spirit. Each memorable nugget made me ponder life and all its magic.

[Download to continue reading...](#)

Small Stones from the River: Meditations and Micropoems CANOEING The Jersey Pine Barrens: Paddling adventures along the Batsto River, Toms River, Rancocas Creek, Great Egg Harbor River, Mullica River Meditations for Manifesting: Morning and Evening Meditations to Literally Create Your Heart's Desire Day by Day: Daily Meditations for Recovering Addicts (Hazelden Meditations) Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations) Tending Dandelions: Honest Meditations for Mothers with Addicted Children (Hazelden Meditations) The Promise of a New Day: A Book of Daily Meditations (Hazelden Meditations) The 10 Biggest Civil War Battles: Gettysburg, Chickamauga, Spotsylvania Court House, Chancellorsville, The Wilderness, Stones River, Shiloh, Antietam, Second Bull Run, and Fredericksburg Stones River and Tullahoma Campaigns, The: This Army Does Not Retreat (Civil War Series) The Struggle for Tennessee: Tupelo to Stones River (Civil War (Time-Life Books)) Don't Sweat the Small Stuff . . . and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life (Don't Sweat the Small Stuff Series) Small Claims Not Small Brains!: 10 Strategies To Help You Win In Small Claims Court Over the River and through the Years, Book One: Records and Recollections of Early Travel, Railroads, and the Connecticut River from the Journal Opinion Bradford, Vermont and Woodsville, New Hampshire The traveler's guide to the Hudson river, Saratoga springs, lake George, falls of Niagara and Thousand islands; Montreal, Quebec, and the Saguenay river; The Chicago River: An Illustrated History and Guide to the River and Its Waterways AMC River Guide Massachusetts/Connecticut/Rhode Island: A Comprehensive Guide To Flatwater, Quickwater And Whitewater (AMC River Guide Series) River Days: Exploring the Connecticut River and Its History from Source to Sea A Cruising Guide to the Tennessee River, Tenn-Tom Waterway, and Lower Tombigbee River When the River Rises: Flood Control on the Boise River, 1943-1985 (Program on Environment and Behavior) The river and the gauntlet: Defeat of the Eighth Army by the Chinese Communist forces, November, 1950, in the Battle of the Chongchon River, Korea (Time reading program special edition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)