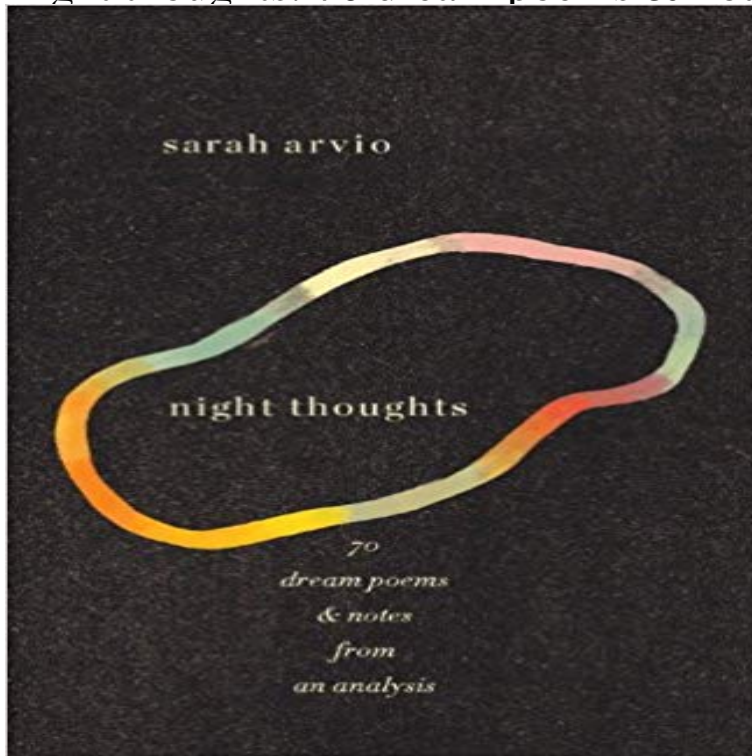


## night thoughts: 70 dream poems & notes from an analysis



In this remarkable and unique work, award-winning poet Sarah Arvio gives us a memoir about coming to terms with a life in crisis through the study of dreams. As a young woman, threatened by disturbing visions, Arvio went into psychoanalysis to save herself. The result is a riveting sequence of dream poems, followed by Notes. The poems, in the form of irregular sonnets, describe her dreamworld: a realm of beauty and terror emblazoned with recurring colors and images—gold, blood red, robins-egg blue, snakes, swarms of razors, suitcases, playing cards, a catwalk. The Notes, also exquisitely readable, unfold the meaning of the dreams as told to her analyst and recount the enlightening and sometimes harrowing process of unlocking memories, starting with the diaries she burned to make herself forget. Arvio's explorations lead her back to her younger self and to a life-changing understanding that will fascinate readers. An utterly original work of art and a groundbreaking portrayal of the power of dream interpretation to resolve psychic distress, this stunning book illuminates the poetic logic of the dreaming mind; it also shows us, with surpassing poignancy, how tender and fragile is the mind of an adolescent girl.

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