Bone – Book review

This poetry collection by Yrsa Daley-Ward is striking. It covers a wide range of topics, from abuse to love to exclusion and more, all of which draw on the author's own experiences. It made me gasp, cringe, and feel sadness and hope, and pulled my awareness to so many situations I had not previously thought about.



Goodreads blurb:

From the celebrated poet Yrsa Daley-Ward, a poignant collection of autobiographical poems about the heart, life, and the inner self. From navigating the oft competing worlds of religion and desire, to balancing society's expectations with the raw experience of being a woman in the world; from detailing the experiences of growing up as a first generation black British woman, to working through situations of dependence and abuse; from finding solace in the echoing caverns of depression and loss, to exploring the vulnerability and redemption in falling in love, each of the raw and immediate poems in Daley-Ward's bone resonate to the core of what it means to be human.

"You will come away bruised.
You will come away bruised
but this will give you poetry."

When I started this collection, I was unsure I could go on. It is

brutal. However, it is brutal in such an amazing and raw way that it pulls you in. It is *beautiful*. There is such a feeling of honesty and openness, and you can feel the pain and personal realisations that Daley-Ward has poured into each poem. I think that it is probably not the best collection to read if you are new to reading poetry but definitely one to keep in mind for when you feel more comfortable. It is an emotional experience but do not be scared off: it is stunning.

I gave it **4/5 stars**