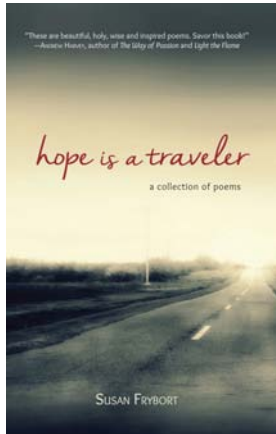




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For immediate release
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Hope is a Traveler By Susan Frybort

“With a penetrating eye and in a tender, intimate voice, Susan Frybort illuminates in these poems the gossamer beauty of our everyday life.”
—**ROGER HOUSDEN**, author of *Ten Poems to Change Your Life, For Lovers of God Everywhere*

In this entrancing poetry collection, Susan Frybort reminds us of the glory that resides at the heart of everyday living. With poems that read like sacred correspondence between our hearts and our essence, we are called to remember the wonderment of life's ever changing tide. Whether it be in the call of a mourning dove, a contemplative shore, or a field of golden wild grass, the reader is left with no choice but to embrace hope in a transitory world.

Written with a depth of insight and compassion seldom seen, this is the rarest of first collections. Love and nature poems coalesce like a reverential hymn to the beloved: the beloved at the heart of every breath, the beloved that calls to us as wind, the beloved that resides on the bridge between our hearts. Through Frybort's eyes, there is profound significance in all things perceived small. Absolutely everything is the beloved. *Hope is a Traveler* is a homage to the miracle of true being.

About the Author:

Susan Frybort is an American-born poet with a deep fascination for life and the human experience. Writing since she was a child, her poems are a tapestry of wisdom and compassion that soften the heart's edges, calling us home. Previously published in *Elephant Journal* and *Vivid Life*, 'Hope is a Traveler' is her first formal collection. Her beautiful heartculations can also be read in author Jeff Brown's novel 'An Uncommon Bond', as the poetic voice of the female lover. Susan is also a skilled tailor, whose interests include astronomy and nature exploration. She is a proud mother to her daughter, Lindsay.



Recent Praise:

“These are beautiful, holy, wise and inspired poems by a soul that has suffered deeply and rejoiced deeply. Buy and savor this book!” —**ANDREW HARVEY**, author of *The Hope, Radical Passion*

"These poems by Susan Frybort are personal reflections on the nature of spirit and the ways in which objective reality and spiritual awareness intersect. Frybort writes attentively and with a sense of gratitude and reverence. There is much thoughtfulness and a gentle intelligence in these poems that lead readers through a portal of hope toward deeper understanding of self and spirit." —**ADELE KENNY**, Poetry Editor, *Tiferet Journal*

Hope is a Traveler is distributed by New Leaf Distribution Services
Summer 2015, 978-0-98088-597-2, \$16.95 US /\$18.95 CAN, Trade Paper, 108 pages, 5.5" x 8.25"

POETRY



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“Reading this collection of poems, I saw so much of my own life's journey mirrored in their beautifully crafted words. The years of dissatisfaction with myself, even at times self-hatred, learned from a society that doesn't let us simply be just the way we find ourselves but always wants us to be somehow different it s all so poignantly reflected here. My decades in religion, then later spirituality, all of them an attempt to address my perceived inadequacy my days of stormy, darkened clouds, watering down and dampening my dreams, as I fought the fight my upbringing taught me against living like a cornflower somewhere in a morning field, far away from here singing out to the sky's vermillion sunrise, with not a care in the world. Until, at last, I began to awaken to the central insight of these poems, that my humanness isn't something to be endlessly apologized for, but that God's divinity and my humanness are the same. You'll want to read slowly, to ponder, to simply sit with the rich metaphors, the deep insights, the heartfelt wonder these images evoke. —**DAVID ROBERT ORD**, author of *Your Forgotten Self*, coauthor of *The Coming Interspiritual Age*

"In this wonderful book, Susan Frybort displays the uncovering of the heart. She reminds us of the heart's healing potential, while exploring what might hold the mind at bay. She unearths the root of that which keeps our happiness entranced with a longing for fulfillment. And she does it all with such grace and loving kindness. We really enjoyed her beautiful poems, and felt her heart within ours." —**STEPHEN AND ONDREA LEVINE**, coauthors of *Embracing the Beloved, Who Dies?*, *The Healing I Took Birth For*

"A ticket to wonder. Hope Is A Traveler invites the reader to climb aboard a caravan of love as it meanders through moments of loss and infinite joy in the life of its author. Daring to bare the innermost core of her pain, as well as the exalted way of human interaction and Spirit guidance, Susan Frybort's words, in my mind, sit in harmony with her historical poetic compatriots of Rumi, Hafiz and Gibran. Her experiences are both unique and universal and the reader can immerse in the Divinely Human and Humanly Divine nature of her soul spilling over onto what she calls 'the heart road.' Travel well." —**EDIE WEINSTEIN**, author of *The Bliss Mistress Guide To Transforming The Ordinary Into The Extraordinary*

"Susan Frybort's work is true poetry. She skillfully conveys central human concerns with apparent ease: love, pain, suffering, hope, empathy, and all the other truths, feelings and emotions that make life worth living. More, her words are imbued with a special potency that allow her readers to feel feelings and experience experiences that they might otherwise not be privy to. Few poets can work this magic, but she does, easily, effectively. To experience this phenomenon, one has to actually read her work. All of her work has an intense spiritual dimension, speaking to parts of the soul that are dying to hear her message." —**STEVEN J. ROSEN**, author of *Hidden Glory of India, The Yoga of Kirtan*

"Opening, soothing, nourishing, lightening. This is a book to keep close to your heart! It will open you to the re-remembering that brings us home." —**MARY O'MALLEY**, author of *What's in the Way IS the Way*

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