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The Rudie Librarian talks about Depression /u0026 Other Magic Tricks Review [////Depression /u0026 Other Magic Tricks Sabrina Benaim - /"Explaining My Depression to My Mother/" Sabrina Benaim - /"The Loneliest Sweet Potato/" A Chat: poetry, drama and depression Sabrina Benaim - Live Reading - Depression /u0026 Other Magic Tricks - Sydney, Australia Sabrina Benaim - /"First Date/" \(NPS 2015\)](#)

Reseña Depression /u0026 Other Magic Tricks Sabrina Benaim - /"The Truth Has Three Sides/" Sabrina Benaim - /"So, I'm Talking to Depression..." Sabrina Benaim - /"The Slow Now/" Part I: My personal reading of "Explaining my depression to my mother" by S. Benaim [Explaining Depression 9 English Conversation Questions to Know Someone Better Sabrina Benaim - /"How to Unfold a Memory/" Sabrina Benaim - /"What I Told the Doctor/" Sabrina Benaim - /"How to Fold a Memory/" EASY Mind](#)

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Reading Trick Explained! 4 CRAZY Magic Tricks Depression Other Magic Tricks

Depression & Other Magic Tricks is the debut book by Sabrina Benaim, one of the most-viewed performance poets of all time, whose poem "Explaining My Depression to My Mother" has become a cultural phenomenon with over 50,000,000 views. Depression & Other Magic Tricks explores themes of mental health, love, and family.

Depression & Other Magic Tricks (Button Poetry): Benaim ... Depression & Other Magic Tricks explores themes of mental health, love, and family. It is a documentation of struggle and triumph, a Depression & Other Magic Tricks is the debut book by Sabrina Benaim, one of the most-viewed performance poets of all time, whose poem "Explaining My Depression to My Mother" has become a cultural phenomenon with over 5,000,000 views.

Depression & Other Magic Tricks by Sabrina Benaim Depression & Other Magic Tricks is the debut book by Sabrina Benaim, one of the most-viewed performance poets of all time, whose poem "Explaining My Depression to My Mother" has become a cultural phenomenon with over 50,000,000 views. Depression & Other Magic Tricks explores themes of mental health, love, and family.

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Depression and other magic tricks Book BY Sabrina Benaim

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Depression & Other Magic Tricks - Button Poetry

Depression & Other Magic Tricks boasts a lot of that same passion, though the translation of her work to text rather than speech sometimes leaves things to be desired. From the book ’ s introduction, which plays with words and what they mean until Benaim circles back around to a simple “ hello ” to deep, ...

Book Thoughts: Depression & Other Magic Tricks - The ...

Sabrina Benaim, quote from Depression & Other Magic Tricks “ my happy is a high fever that will break, my happy is as hollow as a pin-pricked egg ” Sabrina Benaim, quote from Depression & Other Magic Tricks “ & my heart has developed a kind of amnesia, where it remembers everything but itself. ”

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Sabrina Benaim - Button Poetry

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Depression & Other Magic Tricks by Sabrina Benaim ...

Editions for Depression & Other Magic Tricks: 1943735204 (Paperback published in 2017), (Kindle Edition published in 2017), 1943735263 (ebook published i...

Editions of Depression & Other Magic Tricks by Sabrina Benaim

Performance poet Sabrina Benaim presents Depression & Other Magic Tricks, a collection of poems that explores themes of mental health, love, and family. It is a documentation of struggle and triumph, a celebration of

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daily life and of living....

Sabrina Benaim – Audio Books, Best Sellers, Author Bio ...
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Depression & Other Magic Tricks | IndieBound.org
A realistic self-help book wouldn't sound like "Easily banish your anxiety with these simple tricks!" It would sound like "Moderately improve your anxiety over a span of many years by ...

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From one of the most-viewed spoken word poets of all time, a collection exploring loneliness, anxiety, and longing—and finding peace, and even joy, in unexpected places Sabrina Benaim, author of *Depression & Other Magic Tricks*, has connected deeply with readers and reached millions of viewers through her poetry, breaking down the stigma around mental illness. Now, she dives into challenging and universal territory: grief over a relationship 's end, loneliness in a world under lockdown, and the anxiety of caring for a loved one from afar in the wake of a serious diagnosis. Unfurling over the course of one month in 2020, in seventy-five original poems, *I Love You, Call Me Back* grapples with mental health struggles and the uncertainty of the moment and beyond. In isolation, Sabrina dares to embrace loneliness in all its permutations: the sorrow of getting your mother 's voicemail when you call to say " I love you"; the bitter-sweetness when your dog takes up your ex 's side of the bed; the joys of eating ice cream for dinner and singing badly, loudly. In her raw and deeply relatable style, Sabrina reminds us to love our whole selves: you can 't have joy without sorrow, and being anxious or depressed doesn 't mean you can never be happy. In her words, " Sometimes self-care is just surviving. " And that 's okay. Sabrina shows us that there 's beauty and courage in that, too.

Nothing is Okay is the second full-length poetry collection by Rachel Wiley, whose work simultaneously deconstructs

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the lies that we were taught about our bodies and our beings, and builds new ways of viewing ourselves. As she delves into queerness, feminism, fatness, dating, and race, Wiley molds these topics into a punching critique of culture and a celebration of self. A fat positive activist, Wiley's work soars and challenges the bounds of bodies and hearts, and the ways we carry them.

Blythe Baird's *If My Body Could Speak* is a celebration of girlhood and all of its struggles and triumphs. In poems that dig deep into sexuality, acceptance of the body, survival of trauma, and learning to love yourself in spite of everything telling you not to, Baird's voice is a rich addition to her generation. Searing, soaring, and heartbreaking, *If My Body Could Speak* balances the softness of femininity with the sharpness that girls are forced to become. Includes poems such as "Girl Code 101", "When the Fat Girl Gets Skinny", and "Pocket-Sized Feminism" that have been watched by millions online.

Helium is the debut poetry collection by internet phenom Rudy Francisco, whose work has defined poetry for a generation of new readers. Rudy's poems and quotes have been viewed and shared millions of times as he has traveled the country and the world performing for sell-out crowds. *Helium* is filled with work that is simultaneously personal and political, blending love poems, self-reflection, and biting cultural critique on class, race and gender into an unforgettable whole. Ultimately, Rudy's work rises above the chaos to offer a fresh and positive perspective of shared humanity and beauty.

"When you're dumb enough for long enough, you're gonna meet someone too smart to love you, and they're gonna

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love you anyway, and it's gonna go so poorly," Neil Hilborn writes in his debut full-length collection, *OUR NUMBERED DAYS*. In 2013, Hilborn's poem "OCD" went viral, and has amassed over 11 million views to date. While this collection ruminates on love, heartbreak, and mental illness, these poems are anything but saccharine. Hilborn uses the same humor and self-deprecation that propelled "OCD" to success in order to make his unmatched vulnerability all the more powerful. Ultimately, Hilborn is a poet of the people: his work is accessible, honest, and entertaining; a revitalizing entry in contemporary poetry.

Neil Hilborn's highly anticipated second collection of poems, *The Future*, invites readers to find comfort in hard nights and better days. Filled with nostalgia, love, heartbreak, and the author's signature wry examinations of mental health, this book helps explain what lives inside us, what we struggle to define. Written on the road over two years of touring, *The Future* is rugged, genuine, and relatable. Grabbing attention like gravity, Hilborn reminds readers that no matter how far away we get, we eventually all drift back together. These poems are fireworks for the numb. In the author's own words, *The Future* is a blue sky and a full tank of gas, and in it, we are alive.

Phil Kaye 's debut collection is a stunning tribute to growing up, and all of the challenges and celebrations of the passing of time, as jagged as it may be. Kaye takes the reader on a journey from a complex but iridescent childhood, drawing them into adolescence, and finally on to adulthood. There are first kisses, lost friendships, hair blowing in the wind while driving the vastness of an empty road, and the author positioned in the middle, trying to make sense of it all. Readers will find joy and vulnerability, in

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equal measure. Date & Time is a welcoming story, which freezes the calendar and allows us all to live in our best moments.

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