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# Salt.

salt.



## **Synopsis**

salt.

## **Book Information**

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## **Customer Reviews**

As someone with an extremely fast reading speed, I usually race through novels and the like. Nayyirah Waheed's work stopped me. I devoured the first few poems, and then slowed. Then I stopped completely. I was sitting in my lawn, and I could feel my heartbeat thrumming through my veins as I read each poem slowly, savoring it. To be honest, I spent potential textbook money on this work, and regretted it the entire time I was waiting for the product to arrive. Then I held it and read it and fell in love with the words and this is probably the most worthy book I've purchased all semester. Planning to buy another copy for my favorite teacher later this year.

nayyirah waheed's compilation of poetry is a must read for so many: those who are struggling with their position(s) in this world, multiple identity categories, healing from the geopolitical past of their ancestry and trying to make sense of life, lives, and who we want to be. I recommend this body of a text for those who are willing to read, and reread, and digest the complexities and the beauty of the things written work can do to a soul. At times in your face, at times as consoling as a gentle breeze,

nayyirah's work is unapologetically real and we owe it to ourselves to engage meaningfully with the tensions salt. brings to bear.

This profoundly moving and fierce story inside a poet's heart may very well be a social health story with the courage for a tender and realistic resolution. I had to stop often to smile, gasp and wipe away my tears. It is not enough to say that Salt is good. It reads like an adventurous prayer to every part of us we never knew to be beautiful and righteous.-Te' V. Smith

At first glance, the book seems sort of empty. A few sentences on each page, some poems a little longer but not more than a page or two. But that empty space that's left at the end of each poem is there for a reason. It's there to give you time. Time to process what you read. That empty space helps you focus, helps you see that though the page may appear to be empty, it's anything but. The words need the space. The depth of the words need it. I need it. Salt is amazing.

Nayyirah Waheed's poetry changed me the moment I first read it and continues to open my heart as I sit with it more. Salt is a stark, beautiful collection of works that are startling in their brevity and breathtaking in their profundity. Waheed delves into the essence of the human heart, of womanhood, of the experience of being a person of color living in a centuries-old diaspora. As a white woman, I experience both deep kinship with her words--particularly those that speak to my humanity and womanhood--and also a sense that it is an honor for me to be a witness to her writing on race and ethnicity. Salt sparked something in me that had long lay dormant, and I have been reading and even writing poetry with a gusto and joy I didn't know I missed until I encountered Waheed's work. There is healing and delight and playfulness and lament and righteous anger in this book. Read it, cherish it, and never be the same.

your soul stained my shoulders.my whole life smells like you.this will take time.undoing you from my blood.-the worksThe mere fact that most of this book is highlighted says everything. I saw a quote on Instagram and say Nayyirah Waheed's name upon it, I'm so thankful I saw it and it led me to discover her words.Simple yet powerful words that left me feeling so much. There is this rumble of restrained anger behind some words where in others it isn't held back. There is hurt pain, accepting, healing and so much more. It was like these words had been beaten down by the world yet stood up straight and finally fighting back when they realised they were more than the boxes the world put them in.you.not wanting me.wasthe beginning of mewanting myself.thank you-the hurtl have always

enjoyed poetry, especially brutal poetry, the harsh side of life and when people with rough lives put all their passion, anger, raw energy into words and lay them out for the world. It's really something personal and very brave to allow people to read a part of their soul. I think its time to pick up more poetry book since they seem to leave me so inspired. as a child there was either books or pain. I chose books. -how I became a writer

Inspirational, honest, and therapeutic. I was truly blown away by this book. Some of Nayyirah's poems triggered emotional responses out of me; I was not expecting that. "salt." Is a well composed book of simplistic words beautifully put together. A must read, especially for women of color!

Nayyirah Waheed is the most genuine writer that I have ever come across. The fact that she writes from such an honest place is what sets her apart from the rest. She is unapologetic while she says what most need to hear and what others are afraid to discuss. Nayyirah Waheed is a phenomenal writer and I will continue to recommend this collection of her work to anyone in need of her healing words.

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