

Charting the Lost Continent: Poetry and Other Discoveries

Linda Albert

BOOK DESCRIPTION:

Poetry has the power to help us deeply connect with others while accessing our higher selves. At its best, poetry can act as a reflective mirror and catalyst for personal growth and societal change. *Charting the Lost Continent: Poetry and Other Discoveries* succeeds at both and comes at a time in history when its message is more important than ever as both men and women collectively work toward female empowerment, self-acceptance, and gender equality. A certified Jungian Archetypal Pattern Analyst and communication coach with a Master Certification in Neurolinguistics, Albert's poetry is influenced by her interest and academic training in those areas as well as by the changing roles of contemporary women and her personal joys, struggles, and insights over a lifetime now in its ninth decade. Albert has arranged the collection in sections that reflect the universal themes and life passages of women, taking readers along on a courageous journey of navigation and discovery.