



# Moon Full of Moons: Poetry of Transformation

*Kat Lehmann*

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**Moon Full of Moons: Poetry of Transformation** Kat Lehmann

**FIRST PLACE WINNER OF THE 2016 ROYAL DRAGONFLY BOOK AWARD IN POETRY!**

**A journey into darkness and back to the light. The Moon makes it look so easy.**

*Moon Full of Moons* describes a personal transformation of finding acceptance, healing, and a new happiness after deep sadness. The collection of poems is sequenced with the Moon's phases, which provide a touchstone for personal transformation.

The tone of *Moon Full of Moons* is raw and vivid, with lush, evocative imagery. Informed by a journey of healing, the book draws a passionate line in the sand for the struggle for happiness following loss:

**"Everything is made from the remnants of what was. So - yes - you can build from it again."** It is self-help expressed as poetry, with an impassioned call to accept what cannot be changed and live..

"Kat Lehmann writes in an honest, magical way, opening up fresh possibilities the mind and heart. Every word and phrase in the book reeks of so much soul, giving one hope and joy as one traverses through this journey." - Barnes & Noble reader review.

Kat Lehmann is the author of more than ninety poems published in literary journals and anthologies.

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### **From reader reviews:**

#### **Kathryn Mullins:**

People live in this new day of lifestyle always aim to and must have the extra time or they will get wide range of stress from both day to day life and work. So , once we ask do people have time, we will say absolutely of course. People is human not a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to an individual of course your answer can unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the book you have read is actually Moon Full of Moons: Poetry of Transformation.

#### **Fatima Leonard:**

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#### **Fred Miller:**

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