



## Darkest Day: A Collection of Poems

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By Alaric Cabiling

Praenomen Press, United States, 2009. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book. Praenomen Press has just released its first collection of poetry from Alaric Cabiling, a promising new writer. The works collected together in The Darkest Day are somber, dark, and sweet in the vein of Sylvia Plath, Keats, or Shelley, and reveal a poet who unflinchingly looks into the depths of depression and finds beauty. The poems in The Darkest Day are told from an outsider's perspective. Each one has its own elegiac tone, dealing with loneliness, lost innocence, and sad sentimentality. A sweet melancholy pervades much of the work, but the sadness in these poems never becomes overwhelming. Rather, the compassion behind the author's free verse arouses the reader's sympathies. Alaric Cabiling has suffered from a long battle with depression, and this comes across clearly in the work. He has said that his writing is a sort of therapy for him, and that it is his hope that The Darkest Day will reach other individuals who are themselves struggling with depression. Cabiling's book has the capacity to do a lot of good by showing victims of depression that they...



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