



## Vaulting the Treadmill

By Grace Westerduin

Arthur H. Stockwell Ltd. Hardback. Book Condition: new. BRAND NEW, Vaulting the Treadmill, Grace Westerduin, Grace Westerduin's responses to vistas and voices all over the place are contained here, in what feels like a personal notebook. She cheerily champions values like integrity and simplicity, using a variety of verse forms, including, at times, the safely traditional. She once (falsely) claimed, "I only write poems when I am miserable!" Darker moods may well have provided insights found in the poems on life's very real vulnerability, which, wary of sentimentality, she illustrates in various forms. Unsolved perplexities Grace has to leave with the Almighty. The section entitled 'Viable Vault' points to the possibility of overriding life's defeats - paradoxically through relinquishment! For Grace, a pervading awareness of the Spirit's presence is the key to a resilient dimension of positive living.



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