



Stuff I've Been Feeling Lately

By Alicia Cook

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Stuff I've Been Feeling Lately By Alicia Cook

In Alicia Cook's second poetic effort, designed in the style of an old mixtape, she sets her thoughts to a nostalgic tune. There is no Table of Contents. Instead, there is a "Track List," making it easy to refer to them to your friends with a, "Hey did you read track seven?!" There are no chapters. Instead, the book is divided into two parts, or as one would say in the 90's, two "sides." Side A holds poetry that touches on all aspects of the human condition like life, death, love, moving on, evolving, growing up, hometowns, family dynamic, life after trauma, and make-ups and breakups. Side B holds the "remixes" of these poems, in the form of blackout poetry, also known as "found poetry." Side B gives the material a fresh twist by creating new poetry out of Side A. There is also a very special surprise at the end of each track. Alicia decided to self publish this effort after leaving her publishing house. She views this book as her "independence" and official separation from that venture. She also drew the front and back cover herself. Alicia is a contributing writer for many blogs and news outlets, including the Huffington Post and multiple Gannett Publications. She writes regularly on drug addiction and how it directly affects families. Because of this, she has chosen to donate 100% of royalties to the Willow Tree Center in New Jersey. www.willowtree.org. Follow Alicia on Instagram: @thealiciacook or check out her website: www.thealiciacook.com.

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Stuff I've Been Feeling Lately By Alicia Cook Bibliography

- Sales Rank: #145755 in Books
- Published on: 2016-01-07
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .29" w x 5.00" l, .29 pounds
- Binding: Paperback
- 126 pages

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Editorial Review

About the Author

Alicia Cook is a writer and creative living in Newark, New Jersey whose words have been highlighted in Teen Vogue, CNN, and USA Today. Her poetry is usually unfixated and covers various topics and emotions. Her poetry mixtape, "Stuff I've Been Feeling Lately" was a finalist in the 2016 Goodreads Choice Awards. When Cook is not creating poetry or drinking Rook coffee, she is writing about addiction and its direct effect on families.

Her series, "The Other Side of Addiction," written in honor of her cousin Jessica who lost her life to heroin, has developed a worldwide readership. These are very personal accounts, written to shed light on this deadly epidemic and prove that anyone can be affected. Her efforts were featured on the episode "A Family Disease" by the Emmy nominated documentary series, "Here's the Story".

Alicia Cook currently writes full-time as the Director of Institutional Communications at Bloomfield College. She loves the ocean, French fries, champagne, and spending time with her family.

Users Review

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