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BREAKING THE SILENCE OF CHRONIC DISEASE AND FINDING A VOICE THROUGH RHYTHM AND POETRY

Beatific poems full of wit, hope and wisdom give expression to an invisible illness

Palm Beach County, Florida — What motivates us to be more authentic, take action on our creative power and keep showing up in the world? It's not always easy—especially when life experiences, such as a tragedy or illness—catch us by surprise and dramatically change our lives.

That was the turning point Jet Widick faced 15 years ago when she sat weak and diminished at death's door.

Thanks to a fierce determination and her own experiential life lessons, she was able to find the poetic therapy she needed to focus on positive life experiences and move forward. Today, she's thriving as a respected health advocate and a champion of countless people who, like her, have fought to overcome the life-altering impact of celiac disease.

Bursting with colorful, hand-lettered illustrations, ***Sage Words*** and ***Sage Spirit*** are playful mosaics of life experiences. Author Jet Widick's poems are full of warmth, conscience, fortitude and whimsy, and cover a range of topics that reflect the lovely little things that make up our everyday lives—which so often go unnoticed—yet are truly the most important ones of all.

Sage Words by Jet Widick (Author) and Kimberly K. Taylor-Pestell (Illustrator)
Hardcover, 7 x 7, 26 pages | ISBN 9781367334762 | Published August 19, 2016

Sage Spirit by Jet Widick (Author) and Kimberly K. Taylor-Pestell (Illustrator)
Hardcover, 7 x 7, 26 pages | ISBN 9781366337863 | Published February 16, 2017

Jet Widick is a poet, writer, mother, former nurse and founder of Gluten Free Sage, a weekly publication and platform for healthy living through artful experiences. Her poetry books, *Sage Words* and *Sage Spirit*, encourage people to stay strong and healthy, find their inner artist, and stand on their own foundations as they live a life they love.

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