



Essence of Life: Poetry

Tan Duc Thanh Nguyen

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Writing found me when I needed it most. I was experiencing the darkest time of my life. Everything around me was falling apart. I couldn't express myself properly. I kept everything inside, until I lose control and explode. Writing found me, it has helped me in many ways. Helped me to explain myself in ways other people understood me. Writing has healed me, in many ways. It has helped carry the weight on my shoulders. It has given me a way to release my emotions, instead of letting it build up. Most of all, it has been through writing, that helped me rediscover and know myself more deeper, a level which I could never been able to reached, without learning to put my thoughts into words. Writing has saved my life, it truly has

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