



Salt Water

Brianna Wiest , Thought Catalog (Editor)

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'Salt Water' is Brianna Wiest's debut poetry book. Gracefully touching on the issues of self-awareness, wholeness and what it takes to reconcile with yourself, her prose artfully illustrates how healing helps us to actualize our latent potential and bring us into a greater awe for the universe that we are so irrevocably connected to.

Salt Water Details

Date : Published December 4th 2017 by Thought Catalog

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Author : Brianna Wiest , Thought Catalog (Editor)

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Genre : Poetry

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From Reader Review Salt Water for online ebook

stefiereads says

*Update 3 stars

3.5 stars

This book is strongly express about self love and a little romance.

I enjoyed quite a lot of her poetry. However, there are quite some of it that I just feel disconnected with.

*Thank you so much for Thought Catalog for sending me this book :)

Alicia says

There is a lot to love in here.

Merissa Kate says

I couldn't stop turning the pages of this book. This book gave me all the feels. There are so many truths laid out. A lot of times I feel like reading poetry is like reading a journal where someone has written THEIR most personal feelings; however, with Salt Water I felt it was the connection fibers in all of us with the author spinning her connection to a central force.

Kate says

" maybe you were the hero you were waiting for
maybe you were the love of your life all along
maybe you were always happy
and just thought you needed the reassurance of someone safe
to let yourself feel it"

This is a lovely read. Weist has such a clear grasp of the written language and executes it so beautifully.

So much of these poems are about self love and acceptance with a bit of romance.

I connected with so many of them. She writes with such beautiful imagery. I feel so many could connect with this book. It really gave me all the feels.

Thank you @thoughtcatalog for sending me this lovely book.

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Nikki says

Reads like self-help poetry and exactly what I needed. Although, what poetry isn't self-help, right?

Kathryn Plitt says

I'll start out by saying I don't read a lot of modern poetry, but I wanted to give it a try. Second, I can see why someone would like this book. It has a lot of messages of loving yourself, healing from a breakup, and learning to be comfortable in your own skin. I love the message of the poems, but the poems themselves I thought were lack luster.

There were about 10 poems total that I liked from this collection and the rest were one or two single lines or had no cadence/rhythm to them. There were very few poems that read like poems and a lot of it felt like reading paragraphs or inspirational Facebook statuses. Which might be what poetry has evolved into. I'll have to read some other modern works to find out. Sadly though, this collection did not inspire me to continue trying.

Nicholas Vela says

This is the first real bit of poetry I've read that wasn't related to school or schoolwork. While some of the poems in here really did speak to me with vivid imagery, most of the works were really, at least to me, along the lines of something you'd see on a self help website in poetic form.

That said, I did enjoy the poems here.

Nicole says

This book came to me when I needed it most. Beautiful poetry that I was able to relate to my own life and hardships. There were a few poems I read over and over before turning the page.

Hazel says

*"If on my last day
I were to greet
The person I could have become
I hope I am happy to be who I am
And I hope that I love her anyway"*

Brianna West addresses the big questions and thoughts that we try to avoid. The long-term ones from individual well-being to external relationships.

Her poetry varies from one liners to a paragraph, and all the time way to several-paged poems. The variety kept things from being monotonous, creating intentionally or unintentionally, a rhythm throughout the book.
