

ASU Grad Releases First Book

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Arizona State University graduate R. Smith-Angel has written her first book titled *Heart Vision*. Her poems are inspiring, encouraging, and ultimately life-changing. The author went more in depth about the book and why readers should take a look.

AFM: What inspiration did you draw from to create *Heart Vision*?

RSA: *Heart Vision* was born out of my own personal struggles, wherein over a three-year period of time I was impacted by death of closely-loved relatives, the life-threatening illness of my mother, dissolution of a 30-year marriage, major surgery, retirement and relocation. It rocked my foundation causing me to look inward. I began to journal as a form of self-therapy and these therapeutic poems formed the root of my poetry collection to inspire, encourage, and heal others.

AFM: What kind of lessons can readers expect to learn from your poems?

RSA: We all go through struggles; sometimes it's darkest before the dawn. Remember each day is a new beginning, a gift, a present. Struggles do not define us, but occur to teach us lessons for spiritual enlightenment and evolution. They push us toward our purpose and destiny. Seek to see your life through heart vision (and illuminated heart space of love) to gain clarity and the ability to move onward and upward on your journey.

AFM: Is poetry your genre of choice and are you working on any new writing projects?

RSA: Yes. I write it intuitively and enjoy using it as a self-help tool to creatively help others to remember their spiritual origins, seek self-acceptance, and see the love, beauty, lessons, and uniqueness of their journey. My next book is tentatively entitled, *Heart Signature*.

AFM: What about this book do you think will resonate with readers the most?

RSA: I think the fact that it is not a how-to book. Instead, it invites you on a private personal journey of self-discovery, healing, and renewal through empowering you to relate the poetic inspirational messages to your own journey. I truly hope that readers will learn important life lessons by seeing his/her own circumstances or challenges from an illuminated point of view (heart vision) driven by greater awareness and love. I have received a lot of reader feedback like: "It made me laugh, cry, reflect, and celebrate my triumphs," "I gained greater clarity and the ability to move forward," "The bonus food for thought and words of affirmation in the book were sprinkled in just at the right point in my contemplation," and "It enhanced my level of self-awareness and ability my blessings and realize my unlimited potential."