

## Introduction

Why read and write poetry? Personally, I find intensity in poetry of pleasure, of intellect even of anger and rejection. That heightens my life and makes me keep writing it.

It's philosophically popular to be doubtful of poetry's ability to change anything in a person or to express any kind of personal truth.

While I feel that there is good reason for doubt, I feel also that poetry does have an affirming effect on people.

Visions of the Mind is certainly not meant to change your view but strengthen them, to make you wonder and think.

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