

Healing the World, One Poem at a Time

'Restless' writer turns childhood memories into inspirational poems

PEMBERTON, NEW JERSEY, UNITED STATES, September 9, 2020

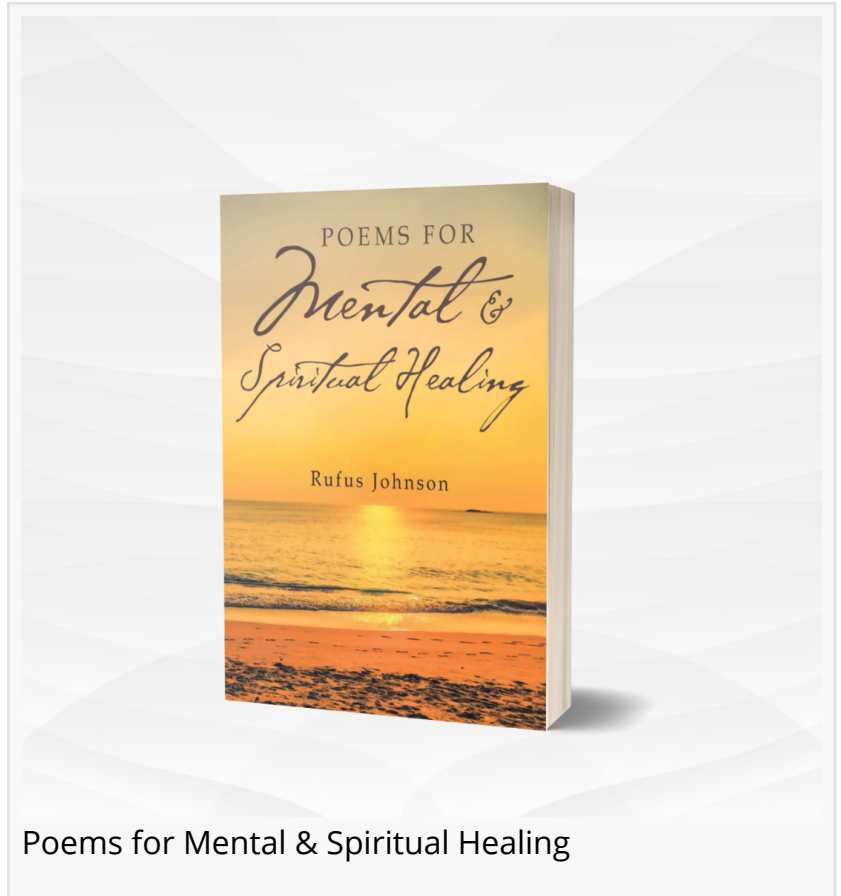
/EINPresswire.com/ -- In times of exhaustion and desperation, we turn to things that keep us grounded, show us how far we have come, or remind us why we are taking the difficult path. For some people, this may be a place or a meaningful activity; for others, the people close to their heart. Still for others, the beacon of hope comes in the form of words that can motivate, inspire, or comfort them.

Poems for Mental and Spiritual Healing is such a beacon, with the author Rufus Johnson bringing to life childhood memories in the form of lines and rhyme. Putting pieces of his past into writing was the balm that helped him soothe this racing mind after a hard day's work.

There was a point in Johnson's life when childhood memories made it difficult for him to shut off his brain after a long day. He wanted to rest, but the nostalgia kept him awake. With his "inner voice" speaking to him, he put his recollection into writing. What used to be an exercise to relieve his burdened mind turned into an inspiration to write God-inspired poems that "others can relate to." For him, it was a mental healing process.

"Spiritual [healing] came much later because the poems took a life of their own," Johnson said. "God is a part of our lives, and He is always there for you." During times of uncertainty, readers will find hope, inspiration, healing, and spiritual enlightenment in the eloquent verses in Poems for Mental and Spiritual Healing.

Johnson has eased in the writing field after an extensive 40-year work experience. The native of



Poems for Mental & Spiritual Healing

Virginia joined the Navy for two years and then worked in construction trade for 30 years. He has also completed electronics and automotive diploma courses.

About Writers' Branding

Writers' Branding is a full-service self-publishing company that provides aspiring authors exclusive access to publicity and a pool of book evaluators and marketing creatives and bridges them to literary agencies and traditional publishing houses. Please visit www.writersbranding.com for more information.

Writers' Branding

Writers' Branding

+ 1800-608-6550

[email us here](#)

Visit us on social media:

[Facebook](#)

[Twitter](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/525836005>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2020 IPD Group, Inc. All Right Reserved.