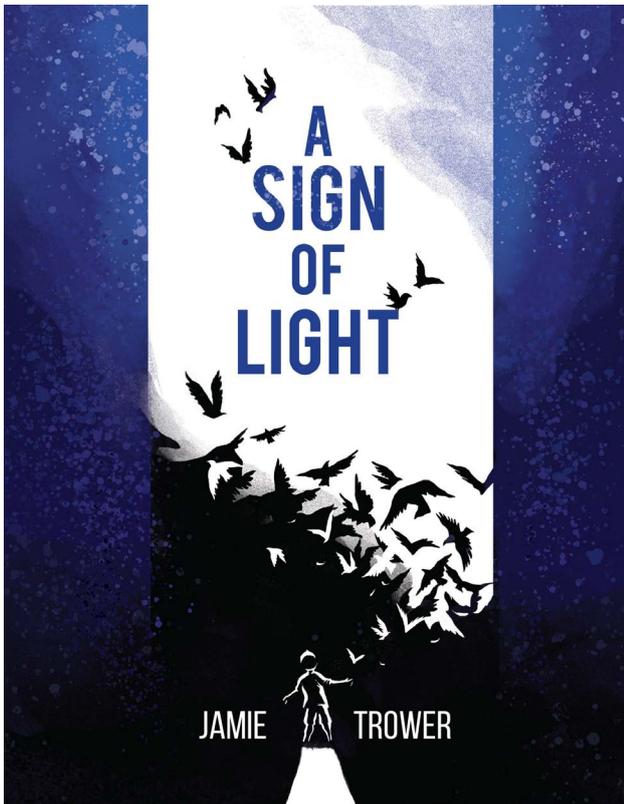


Birdboy observes the world through a pair of binoculars. Dog trots behind him at a distance, tongue lolling from its slobbery jowls, tail wagging. The memory of his dead mother, a strange man in yellow Y-fronts, a broken whisky bottle, his mobile phone.

In *Anatomy*, Jamie Trower's unique voice took the reader into the world of a person living with physical disability. In his new work he delves into mental health and its many faces. Everyday situations glow with a sense of the surreal and nod to the poets, musicians and other creatives who have come before him. Amidst at times palpable darkness and uncertainty, Jamie Trower's poems grapple with life as he lives it, and importantly give hope, humour and a sign of light.



A sign of light

Jamie Trower

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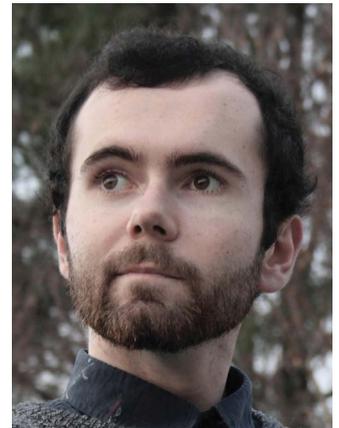
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#livingwithdisability

#mentalhealthpoetry #aucklandpoetry

Jamie Trower is an Auckland-based poet and actor whose debut poetry collection, *Anatomy*, was published in 2015. He works for *M2* magazine as a writer and in his spare time scribbles poetry about life, death and everything in between. Jamie has published poems in *Atlanta Review* and *Poetry NZ*. His poem 'Stop/move' was selected for Best New Zealand Poems 2017 and is included in *A Sign of Light*.



What the reviewers said about *Anatomy*

"Jamie Trower's debut collection is fierce and untamed. It is inspirational without adjunct sopppiness. It is not self-help. It is not glorification. But it may just startle its reader into fresh self-assessment." — Elizabeth Morton, Booksellers NZ

"In owning his disability, referring to it as his religion — something he believes in and perhaps uses to guide his life — and by sharing his experience with the world in this collection, Trower's voice is undeniably authentic." — Saradha Koirala, *The Lumiere Reader*

This was my doing because anyone can create a superhero on paper.

*This light, this rolling breath,
this partition of happiness in my neck.*