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Svenja Schürmann recommends William Sieghart’s The Poetry Pharmacy (2017) and The Poetry Pharmacy Returns (2019):

“In The Poetry Pharmacy and The Poetry Pharmacy Returns, William Sieghart prescribes poems as possible cures for almost every spiritual ailment imaginable. Whether you feel anxious, lonely, sad or are despairing at the current state of the world, Sieghart offers insightful texts about the (sometimes) heart-breaking conditions of everyday life alongside a poem that offers consolation and advice. The collection features wonderful poems by poets as diverse as Robert Creeley, Emily Dickinson, Mary Oliver, Derek Walcott and many others.”