**Introduction**

This is a book.

It is a book of poems.

We will call it ‘this’ for simplicity.

Or alternately it.

Welcome to it.

This is a picture of me,

a series of moments, frozen in time.

It reflects the structure of my mind,

considering the various situations

in which I have found myself.

It represents approximately

a year in my life.

In it you will find

obssession

delusion

deconstruction

reconstruction

therapy

beauty

humour

(miscellanea)

and description of the natural world.

As you will see,

these are the best poems in history

more on that later.

I hope you will agree, but if you don’t

I will still be grateful to you

for reading even one moment of my life.