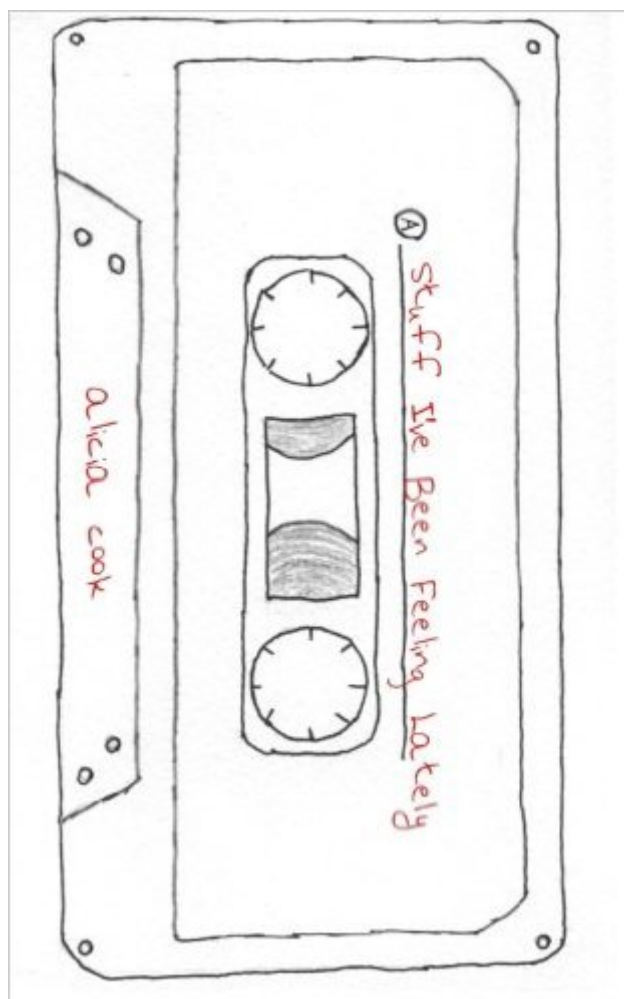


The book was found

Stuff I've Been Feeling Lately



Synopsis

In Alicia Cook's second poetic effort, designed in the style of an old mixtape, she sets her thoughts to a nostalgic tune. There is no Table of Contents. Instead, there is a "Track List," making it easy to refer to them to your friends with a, "Hey did you read track seven?!" There are no chapters. Instead, the book is divided into two parts, or as one would say in the 90's, two "sides." Side A holds poetry that touches on all aspects of the human condition like life, death, love, moving on, evolving, growing up, hometowns, family dynamic, life after trauma, and make-ups and breakups. Side B holds the "remixes" of these poems, in the form of blackout poetry, also known as "found poetry." Side B gives the material a fresh twist by creating new poetry out of Side A. There is also a very special surprise at the end of each track. Alicia decided to self publish this effort after leaving her publishing house. She views this book as her "independence" and official separation from that venture. She also drew the front and back cover herself. Alicia is a contributing writer for many blogs and news outlets, including the Huffington Post and multiple Gannett Publications. She writes regularly on drug addiction and how it directly affects families. Because of this, she has chosen to donate 100% of royalties to the Willow Tree Center in New Jersey. www.willowtree.org. Follow Alicia on Instagram: [@thealiciacook](https://www.instagram.com/thealiciacook) or check out her website: www.thealiciacook.com.

Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (41 customer reviews)

Best Sellers Rank: #9,012 in Books (See Top 100 in Books) #11 in [Books > Literature & Fiction > Poetry > Women Authors](#)

Customer Reviews

Alicia combines human experiences with the music she's listening too in the form of a book...that's actually a mixed tape. This beautiful piece of art is a good read and great gift idea. All the royalties go to a great cause. Buy a few copies of this book - you'll be glad you did and giving back.

Alicia Cook is a modern day poet with an old soul. When you open her book to read her poetry, you feel. You feel and it's such a good thing. Read this book and stop trying to numb yourself and feel again.

It's alright.. I just read Rupi Kaur's milk and honey And it was deep, honest, & relatable. I'm not going to lie I ordered this book based off the reviews the first page tells you it fiction so it set the tone for me. Wasn't really into it It's too random for me not really themed. Like if this was a diary I stumbled across accidentally I wouldn't even want to read the secrets. 3 stars because I respect the creativity it's super genius the cassette tape, the tracks....

The words she writes really touch my soul. She is so very talented and her writing really speaks to so many of us. I find the Track style to be so clever. I need to also say, that reading what Alicia writes (especially her blogs and articles regarding addiction) have helped me to find my own voice. Cant wait to see what this amazing woman comes out with next.

"Stuff I've Been Feeling Lately," is phenomenal! Alicia Cooks is, and has been, one of my favorite writers since discovering her on Instagram. Her passion for the art is undeniable and watching her bloom as an artist and human being is just as enchanting! (Pun intended)

I bought this booked from my husbands account because he has the prime and I COULD NOT wait to get it! I read Alicia's first book and loved that so when this came out I jumped at the opportunity to read it. It has such a unique style to it and is very relatable! What I really love is that all proceeds went to a great cause so not only do you feel good after reading it, you feel like you were able to help someone in doing so. I highly recommend this book.

I just finished reading this book, it blew my mind from page one. The raw emotion laced in every page spilled over to me and it gave me the greatest joy to read. Every piece was its own entity that pulled you in until it was time to turn the page. Needless to say that this book is a must have and it will certainly bless you in a way you haven't experienced before.

Very impressed!! I discovered Alicia via a random Instagram post and decided to purchase the book (great price by the way!). As a late 20-something it seems like she and I grew up at the same time, loves, heartache, loneliness and moments of self empowerment! The mixtape track choices are

spot on! Will highly recommend.

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