



she wasn't damaged

POEMS OF SURVIVAL

HAGIT VARDI

A voice for those who were silenced.
A journey through pain, anger,
and the courage to remain.

ABOUT THE BOOK

Raw and authentic, deep and visceral, *She Wasn't Damaged* is a roadmap of survival, a journey of a woman who gradually comes to terms with her own vulnerabilities. Through her poetry, Vardi gives voice to victims: the abused, the dissociated, and the traumatized, while exploring themes of introspection, helplessness, anger, and justice.

I Met Myself In My Dream

I met myself in my dream -
A sixteen-year-old
Skinny and sad
Wasted on the sand
Barely breathing

What do you need? I asked
Revenge, she answered
Tired of being idle
Drained from holding back rage
I need my revenge

How can we get revenge? I asked
We'll write, she said
Write!
And don't you erase or embellish

Let me write

MARKET POTENTIAL

This powerful collection appeals to poetry readers seeking authentic contemporary voices, mental health professionals and trauma therapists, survivors of abuse and their support networks, academic programs in psychology, women's studies, and creative writing, and organizations supporting victims of sexual abuse.

ABOUT THE AUTHOR

Hagit Vardi trained as a flutist and later as a Feldenkrais practitioner. For twenty years she has helped people through her practice, including at the University of Wisconsin Integrative Health program. In her sixties, Vardi began writing poetry as part of her healing process. She has published five books of poetry in Hebrew with Pardes Publishing. Her work has appeared in newspapers, literary magazines, and on radio, attracting attention from mental health professionals and sexual abuse assistance centers.



CRITICAL ACCLAIM

"A moving testament to the deep power of art to heal and give life. The poetry is startling and gorgeous—an unforgettable experience."

—Susan Sweeney, Professor Emerita of Theater,
University of Wisconsin-Madison

"The authentic voice and minimalist forms will remind readers of poets like Yrsa Daley-Ward. A collection that long-time poetry readers and newcomers can equally appreciate."

—Nicole Yurcaba, *The US Review of Books*

"With linguistic precision, Hagit Vardi creates multifaceted, challenging poetry. Her every poem is a diamond filled with deep sorrow, self-awareness, sensitivity, and humility."

—Yakir Ben Moshe, poet and editor



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