



## Folds of Flesh: A Runner s Meditative Cleansing

By Lillian Jade

Zenlife Press, Incorporated, United States, 2011. Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Lillian Jade s muscles tighten against painful and ill spent history. Flirting recklessly at times with death, early morning ritual runs take life in a tormented dance along the pavement. Bobbing beneath a sullen gray sky, now only a memory of darkness as dawn brings the passage of each storm. Flesh feeling so unfettered, as her sneakers take embrace of every human emotion in spillage on the pavement. Sacrificing of a human soul amid a journey to rehabilitate from stroke, amnesia, death, and human loss, after a string of misfortunes hijack her from everyday life. Speaking in metaphoric overtones and purposeful coloring, flaws and imperfections left curbside, leaving her arduously naked and bare against morning s air. Her sneakers, the keeper of her secrets, in a sweat release of condemnation, as each pulsation of heart and breath brings her nearer to the touching of her own soul. Each droplet of sweat delivering the soundless message that this too shall pass. The beating of her human heart becomes the loudest sound ever heard. A year of thought...



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