# Contents

*Foreword* ix

*Acknowledgments* xii

*Permissions* xiv

1. Risking Intensity 1
2. The Start: Writing Your Own Poem 6
3. "Vessel of the Self" 16
4. "Written on the Body"—Reading the Poem 25
5. Writing about Poems—or Putting Off the Analytical Essay 35
6. Making Your Poem Concrete 41
7. Expanding the Poem 50
8. Hand-Eye Coordination 59
9. Words Words Words 71
10. Memory 85
11. Finding Your Poet 99
12. Talking about a Poem 115
13. With Portfolio 129
14. Expanding the Circle 145

*Appendix: For Further Reading* 165

*Author* 171