



# Make Yourself Happy

*Eleni Sikelianos*

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**Make Yourself Happy** Eleni Sikelianos

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*Library Journal* Best Books 2013: Poetry

Electric as a lightning storm, wild as a first-growth forest, protean as fantasy's shape-shifters—that's Sikelianos's poetry, a real pleasure to read."—*Library Journal*

Using text and images, moving spikily across the page and across ideas in ever-expanding loops, *Make Yourself Happy* is devoted to one of the oldest and most important human questions: how to live. Humanity, happiness, and the survival of the biosphere spin each section forward, species are wiped out, yet the poem endures.

*You walk into the sunlight  
to make yourself happy.  
This is the poem that will tell you  
how to live.*

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