



Lost Yellow

Nicholas Trandahl

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This collection of poetry was written during dark times of my life as a form of self-medication for anxiety and depression. While I was deployed in the Middle East as a soldier in the U.S. Army these ailments overwhelmed me with such savagery that I was overcome and consumed by them. Being able to treat myself with writing and creativity kept me sane and functional when all else seemed to be spiraling out of control

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