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DATE: November 4, 2009

PRESS RELEASE  
For Immediate Release

*The Breath of Surrender: A Collection of Recovery-Oriented Haiku*, edited by Robert Epstein,  
Published by MET Press

In *The Breath of Surrender*, haiku poet and psychotherapist Robert Epstein brings together the haiku and recovery communities, whose unique perspectives expand our appreciation of the world within and around us. Whether new to, or widely traveled on, the path of recovery, readers will discover new wholes in their lives sparked by the courage, strength and hope in these inspiring poems.

**Baltimore, Maryland** – November 4, 2009 – *The Breath of Surrender: A Collection of Recovery-Oriented Haiku* edited by Robert Epstein has been published as a trade paperback by MET Press of Baltimore, Maryland. Often described as “wordless” due to its brevity and directness, haiku poetry highlights, and celebrates, our often unseen connection with nature. Recovery from the hell realms of addiction: alcohol, drugs, sex, shopping, over-eating, makes possible a reunion with life and one’s fellow beings. In *The Breath of Surrender*—the first collection of its kind—haiku poet and psychotherapist Robert Epstein brings together the haiku and recovery communities, whose unique perspectives expand our appreciation of the world within and around us. Whether new to, or widely traveled on, the path of recovery, readers will discover new wholes in their lives sparked by the courage, strength and hope in the inspiring poems that fill these pages.

“The addicted brain is a museum of distorted pictures. Recovery brings forth a new framing of images that is well-captured in this unique collection of poems. Those at every stage of recovery can hang these poetic images on the mental walls that have been left so bare by addiction.”

—Fred Von Stieff, MD, MBA, Medical Director, Mt. Diablo Center for Recovery; Concord, CA

“These haiku are tragic, funny, clever, and moving. In bite-sized pieces of wisdom and insight ‘The Breath of Surrender’ sheds light, opens doors, and touches hearts on the path of recovery. What joy!”  
—Kevin Griffin, author of “One Breath at a Time: Buddhism and the Twelve Steps” and “A Burning Desire: Dharma God and the Path of Recovery”

“*The Breath of Surrender* poetically epitomizes human-nature via the touchy and controversial subject of ‘addictions.’ It is a well-compiled meaningful book, due to the editing ability and dedication of Robert Epstein. The poems are diversified yet cohesive; some are happy; others are sad and, in their juxtaposition, one way or another, all are recovery-oriented.”

—an’ya, editor of */moonset/*

### **About Author:**

Robert Epstein is a licensed Clinical Psychologist who practices psychotherapy in the San Francisco Bay Area. He has worked in the field of recovery treatment since 1980. Robert is a published haiku poet, whose work has appeared in the major haiku journals. A pinch book, "A Clear View of," was published by Tribe Press in 2003. Robert co-edited a collection of selected quotations of Henry D. Thoreau entitled, *The Natural Man*, which was published in 1978 and is still in print. He also co-authored a self-help book with Stacy Taylor called, *Living Well with a Hidden Disability*.

For media inquiries or to arrange an interview with the author, contact Robert Epstein by e-mail at [taylor Epstein@earthlink.net](mailto:taylor Epstein@earthlink.net) Publisher information at: [www.themetpress.com](http://www.themetpress.com)

This book is available from [www.Lulu.com/modernenglishtanka](http://www.Lulu.com/modernenglishtanka) and from the publisher. Complete information and mail/email order forms are available online at [www.themetpress.com](http://www.themetpress.com) Price: \$16.95 USD. ISBN 978-1-935398-14-1. Trade paperback. 100 pages, 6" x 9", perfect binding, 60# cream interior paper, black and white interior ink, 100# exterior paper, full-color exterior ink.

### **About MET Press:**

MET Press (Modern English Tanka Press) is an independent publishing house in Baltimore, Maryland, dedicated to producing books and periodicals of lasting literary value, especially poetry. A family business, we treat our customers and partners in publishing like family. We use modern print-on-demand production and distribution methods. Our special mission is to promote the tanka form of poetry and to educate newcomers about this most ancient poetic form.

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