



## Catharsis: Collected Poems

*Ms. A. E. LaGrand*

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# Catharsis: Collected Poems

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## **Catharsis: Collected Poems** Ms. A. E. LaGrand

'Catharsis,' by definition, is the release of intense, repressed emotion. By writing these poems, LaGrand experiences her own catharsis and comes to terms with the many things life offers. The first full-length work of A.E. LaGrand, it encompasses her journey through love, heartbreak, loss, depression, and solace over the past year in poetic form.

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