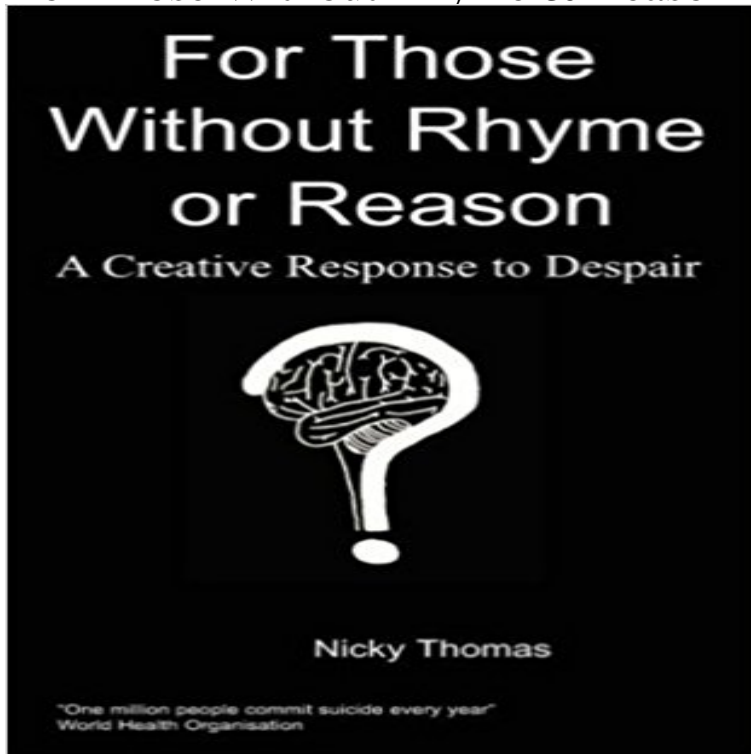


## For Those Without Rhyme & Reason



NOW AVAILABLE IN PAPERBACK By Nicky Thomas ISBN: 9781847470928 Published: 2007 Pages: 185 Key Themes: poetry, self-harm, depression, psychotherapy Description Nicky Thomas extraordinary book deals with her feelings & experiences of depression which have included 12 separate hospital admissions & years of psychotherapy through to her eventual recovery. Nicola found that writing her book proved a cathartic process and helped her to overcome depression and stop self-harming. This is a wonderful strong book from a very strong & determined woman. About the Author Nicola Thomas was born in 1968. Nicola feels that her recovery has been aided by her writing. Whenever she is depressed she writes about her feelings, she feels this is a cathartic process. It is no coincidence that when shes writing Nicola stops self-harming. Nicola is currently studying at college and works voluntarily. Book Extract THE CLOCKWORK CLOWN The clockwork clown Is back in town. As bright as a new pin; Red nose, enormous grin. Whizzing round and round But - now winding down. Hey whats wrong? It used to jog so happily along. Now unable to even mark time, From the ridiculous to the sublime. The answer is easy Cant you see? Quick wind it up with the key. BUT WHERE IS THE KEY? The only key to be found, Is that of the locked ward. WALL The sun or car headlights chase patterns across the blank. Up close, the furrows of brush strokes - Cream dusted with grey. Her breathing is almost under control: I wish I was dead I wish I was dead I wish I was dead I wish I was dead I wish I was dead I wish I was dead I wish I was dead The only words that bring relief. CURTAIN Nickys theatre stood halfway between the hospital and the rubbish tip. It was strangely out of character with the other buildings surrounding it - for it had been designed and built by an actress, and

not by expert architects and construction workers. It was also positioned unfavourably - next to the cemetery, constantly in the shadow of the church. However, despite all this, the theatre would have been open for a quarter of a century the following year. There were no plans to celebrate this occasion. Indeed, there were no plans for its future at all. In fact, it did not really have a chance of a future as a playhouse. The quality of the scripts and the acting had been getting worse over the years. The performances no longer seemed to benefit or reflect the needs and interests of the community; or indeed relate to real life. Fiction and Non-fiction tangled up. Tragedy and Comedy now almost interchangeable and both boring and overrated. Inside, the decoration cold, drab and uninviting; the seating uncomfortable. Still, its morbid atmosphere had a strange fascination. The dark corridors were said to be haunted. The ghost (of restless type) trapped in limbo between life and death. Later that summer, during a minor storm, it just collapsed. Not surprising really; as it was later found to have had no foundations.

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