

Mike Madill's opening poem *Tether* sets the tone for this book, showing us that we are not alone, from the innocence of childhood where anything seems possible, to the often overwhelming pressures and expectations of adulthood. With all of the growing pains, life experiences, joys and loss that make us who we are, Madill takes us there with melancholy ('Alive'), vulnerability ('Smother') and humour ('Ars Poetica'). Enjoy the journey – I know I did.

Lisa Burkhardt, E.C.E., life-long friend and lover of the written word.