



# **Rumi and Friends: Speak with the Music of Poetry to Stressed-Out Souls Across the Centuries**

*Hamid Zavosh*

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In our modern life, the highways, freeways and speedways help to transport us to jungles of steel and concrete, where the noble human spirit, burdened with haste, hurry and heavy load of work becomes hardened in its core. As we affect our environment with our actions, we are in turn influenced by the ecology and its numerous counter-pressures. This book is about de-stressing the body by way of calming the human psyche and providing it soft, soothing, gentle, musical, flowery and fragrant verbal and imaginary nourishment, i.e. the food and drink of the spirit, concocted by the inspired imaginations of the wonderful poets of Persia. Take time off to relish the literary Manna from Heaven. Bon Appétit!

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