

I Miss You: Exercises for Yearning Hearts

Gioia Guerzoni

Rosie Leech, Illustrator

Cicada Books (Sep 13, 2022)

Hardcover \$14.99 (40pp)

978-1-80066-025-0

Gioia Guerzoni's *I Miss You* is a beautiful book of exercises designed to quell longing for absent people, places, and things.

This work recognizes a variety of scenarios in which one might yearn. For those missing a person, the book suggests exercises like writing down activities that might be done together in the future or wearing a piece of clothing that a loved one left behind. For those missing a place, it recommends preparing food and listening to music; for those missing a season, it proposes that an umbrella on a sunny day, or sunglasses during a snow storm, can go a long way when mixed with imagination.

Each exercise is accessible, requiring few to no materials in order to seek the desired result. And all are accompanied by charming illustrations—of a paper boat in a section on how water might be helpful; of a person with a long shadow in a section that addresses time. These images are evocative of both loss and comfort.

I Miss You is an artful resource for those looking to ease the burdens of longing and lighten their heavy hearts.

CATHERINE THURESON (September / October 2022)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.