



I Miss You: Exercises for Yearning Hearts

Gioia Guerzoni

Rosie Leech, Illustrator

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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)

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