

# ABOUT THE BOOK

---



What if the deepest pain inside could become the source of your greatest strength? *Bittersweet Catharsis* is a journey through darkness to find the light that still burns within you. With raw, unfiltered poetry and soul-stirring art, Amel offers a window into a heart that has known the deepest sorrow, yet refuses to stay broken.

Amel's writes of battles fought in silence, of moments when life seemed unbearable, and of a search for meaning in the midst of pain. From a childhood marked by loss to the unbearable weight of unspoken fears, her words and art pull you into her world, where the rawness of grief is met with the grace of healing.

Amel's journey of despair, survival, and rebirth will resonate with anyone who has ever felt lost or invisible. Her words will speak to your wounds, to your longing, and to the flicker of hope that you've been too afraid to acknowledge.

In *Bittersweet Catharsis*, you will find a reflection of your own journey—moments of doubt, of longing, and of quiet resilience. Amel's work shows that even our most painful scars can be transformed into something beautiful. No matter how deep the wound, there is always the possibility of healing, always a way to rebuild.

# ABOUT THE AUTHOR

---



Amel is a poet, painter, and survivor whose life has been a tapestry of heartbreak, healing, and unshakable resilience. Born under the harsh Algerian sun, she has overcome the shadows that shaped her, fighting through loss, societal pressures, and the dark corridors of despair. Her art is born from the deepest parts of her soul—the places many are too afraid to look, yet where true healing begins.

Amel invites you to walk alongside her on a journey of transformation to discover the light that exists even in the deepest pain. You are not alone in your healing. Amel's story is a testament to the strength that lives within us all.

---

Instagram: @amel\_soulgallery @amels\_quotesgallery

Website: [whenphotographymeetspoetry.com](http://whenphotographymeetspoetry.com)

Genre: Poetry

Paperback: 9781834182520

Hardcover: 9781834182537

eBook: 9781834182544



# TAKE A LOOK INSIDE



"In every colour, a heartbeat's hue;  
in every stroke, a truth shines through."

*Bittersweet Catharsis*

## *The Painter*

*Magic dances on her fingertips,  
A symphony born as her passion slips.  
With every stroke on the canvas bare,  
Her soul breathes life through colours rare.*

*Without permission, without a plea,  
She pours her essence, wild and free.  
Her heart beats softly, her brush takes flight,  
Shaping shadows, chasing light.*

*Eyelids lowered, in a trance so deep,  
She walks the bridge between wake and sleep.  
An enchanted dream whispers its call,  
Her creation blooms, she gives it all.*

*Magic bursts in her heart's embrace.  
She paints with fire, with calm, with grace.  
Lines take shape, and colours sing,  
Each stroke of her brush, a sacred thing.*

*Parallel voices demand her hand,  
And she obeys, as the muses command.  
Her heartbeat speaks where words would fail,  
Her canvas holds her life's own tale.*

*With passion and love in every hue,  
She writes her story, bold and true.  
A world of wonder, born from her art,  
A mirror of her soul, her heart.*



37

## NOW AVAILABLE

## DON'T MISS

