

Milk and Honey by Rupi Kaur



As a whole, this incredible book is filled with many different types of poems divided into 4 sections describing a woman's hurting, loving, breaking and healing. Each page is filled with details and alludes to these topics of her life and life in general.

The novel is divided into four different sections making the novel as a whole very powerful as mentioned before. This is due to the fact that the author uses her voice to write these amazing poems. I chose to purchase this novel and read it because I heard many good reviews about it. I was very excited to begin this novel and see what all the talk was about. I also love to read poems because I find it interesting to figure out the meaning within each page. The first section of the novel is called "The Hurting," which in my opinion can be a quite touchy yet powerful part. This is because it talks about a woman's life as she was sexually and physically abused as a child. The other sections mention toxic relationships, having a child, depression and how all of these important topics affected her life. All in all I very much enjoyed Milk and Honey because I had never read anything like it before. I was able to relate to some of the pages and even read the book multiple times. I would most definitely recommend Milk and Honey to anyone who loves poems and especially women because they could easily relate. Not only that but gather information and advice. Reading this book made me want to purchase her other novel and more novels like it.