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Author Releases Poetry Book

Emmanuelle Cartagena releases Valley Therapy Through Crave Press

Leesport, Pa. – Emmanuelle Cartagena’s poetry book *Valley Therapy*, published by Crave Press, is now available on Amazon, Barnes and Noble, and IndieBound as well as select retailer sites.

Valley Therapy is a thrilling journey through the peaks and valleys we all face in life. Twenty-six poems share the beauty and despair of life, and the lessons we can learn from both. Nature is such an apt metaphor for life, hence it is plastered all through the pages as it is in all our lives.

Emmanuelle “Manny” Cartagena is a budding poet from idyllic Berks County. Manny has been published in Pennsylvania Bards' *Eastern PA Poetry Review*, *Worlds of Possibility*, *Queens Quarterly*, and *New Plains Review*. He has been a constant in the southeastern Pa. literary scene for the last year and has been writing for over 15 years. His love of nature and intense capacity for uncomfortable emotions combine and spill onto the pages of his work, including *Valley Therapy*.

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