



Something New: "Myku": Seventeen Syllables for the Poet that's YOU!

Mary Logan Dettmers

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Have you ever wanted more productive, happy-feeling thoughts? In *Something New: "Myku"*, Mary Dettmers introduces a fun and easy practice for both journaling and communicating more constructively. The practice borrows from the Japanese poetry form called "haiku". Like haiku, myku have seventeen syllables in three lines of five, seven and five. But haiku are a very specific poetic form that capture exquisite moments in nature. The only similarity between myku and haiku is the seventeen syllables. The objective of myku is to find thoughts that feel good. Dettmers employs myku to create better feeling thoughts ... to ponder things she wants to be or do or have...and to focus on topics of interest in a succinct disciplined way. Just one third of *Something New: "Myku"* contains the simple yet profound message of the book. (And those eight pages have both pictures and graphics, so it's an easy and pleasurable read.) The second third of the book gives readers a chance to practice the seventeen-syllable format. The third pays tribute to mentors and publishers. The message is simple: If you pay attention to the way your thoughts make you feel, you can deliberately—and ceremoniously!—create new thoughts and elevate your mood. In the fields of both education (writing and self-expression) and healing (cognitive therapy and self-help), Dettmers contribution will have lasting impact.

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Neil Turner:

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