



SO.  
I MARRIED MY  
SHADOW



POETRY & REFLECTIONS

L V F

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# SO, I MARRIED MY SHADOW

## POETRY & REFLECTIONS

### META DATA

Title: So, I Married My Shadow  
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### DESCRIPTION

So, I Married My Shadow: Poetry and Reflections explores intimacy, self-inquiry, and personal transformation. At its core is a call to confront the "other" within—the shadow self—where hidden fears, old wounds, and uncomfortable truths reside. Revealed most vividly through our intimate relationships, the shadow is not something to avoid, but to integrate. With 47 poems across 4 chapters, each piece lights the path from unconscious patterns to conscious self-acceptance.

### CREDENTIALS

LVF holds a B.A. in Philosophy from Furman University and an M.A. in Conflict Resolution from Brandeis University.

### BISAC

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