



## In the Moment

*Rashaun J. Allen*

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# In the Moment

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In The Moment is a collection of twenty-four poems, inspired by experiences, which capture important moments that people have in their lives. The poems are about courage, heartache and love. Written from the heart, read between the lines, and gain a new perspective on life through words that are soothing to the soul, unsettling to the narrow minded and a breath of fresh air to the conscious.



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