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Author bio:

Catherine Redford started writing poetry after being widowed at the age of 35. Her writing has appeared widely in journals and anthologies, including *Magma* (as Selected Poet), *Under the Radar*, *Propel* and *Ink Sweat & Tears*. She is an editor at *Dust Poetry*, a Writing West Midlands Room 204 writer, and a Nine Arches Press Dynamo Poet. Her poetry explores themes of bereavement, infertility, pregnancy loss, and motherhood. She has also published widely on Romantic and Victorian literature, and has previously taught at the University of Oxford. She lives in Worcester with her husband and young son. *The Way the Water Held Me* is her debut collection.

The Way the Water Held Me

Catherine Redford, cover design or artwork by Amy Louise Evans

A moving debut poetry collection exploring love, loss, and the resilience of the human heart.

- A stunning, personal meditation on young widowhood
- Poems charting an emotional true story of caring for and losing a partner whilst also being a new mother
- For fans of Rebecca Goss, Mona Arshi, Liz Berry, and Pascale Petit

About the book

While newly married, with the couple expecting their first child, Catherine Redford's wife was tragically diagnosed with a terminal illness. *The Way the Water Held Me* is a mesmeric plunge into the caring, grief, loss and love experienced by a young widow.

Across poems of heartbreak and honesty, memory and mourning - and through unlikely companionship with a widowed Mary Shelley - Catherine Redford's debut collection is visceral, profound and alive with what it is to be human, to have lost and to find ways to continue to love.

Reviews

"A beautiful, heartbreaking book that charts deepest grief and deepest love. Catherine Redford is a luminous writer and her poems will touch your heart." *- Liz Berry

"Part elegy, part seance, part scream, this is a gorgeous wound and wonder of a book. Spiked with dark humour and the gothic shades of Mary Shelley, luminous with metaphor and experiment, *The Way the Water Held Me* bears witness to dark tides of grief and the irretrievable grammar of a shared love. It is essential, transformative reading" ~ Fiona Benson, winner of the Forward Prize for Poetry



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