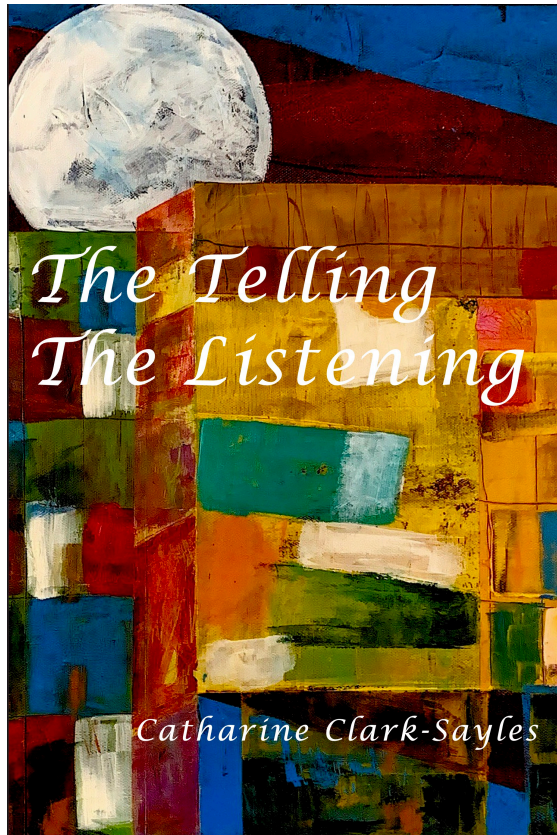


Houston, Texas – June 30, 2023 – Press Release:

Saint Julian Press is proud to announce a new book of poetry, *The Telling, The Listening*, by author Dr. Catharine Clark-Sayles to be published on October 15, 2023. *The Telling, The Listening* is a new collection of poems capturing 45 years of Dr. Catharine Clark-Sayles' medical practice, including her Army service and geriatric care. These compassionate and empathetic verses tell true stories, subtly altered for anonymity, underscoring the therapeutic potential of patient storytelling and attentive listening.



In this moving book, mostly unrhymed free verse lines recall the speaker's experience (sometimes as the generator) of unexpected moments of grace and reprieve during decades of practicing medicine. The poems follow a life given over to service: "I will love this midnight world. / I will love my calling. / I will love your need" (from "Night Call"). This doctor remembers her patients by name, suffers with them, and spins powerful poetry from that shared pain. Read this book to remember that the doctors we expect to be gods are human, too—they feel fatigued, fear, and despair.

—Rebecca Foust
ONLY (Four Way Books 2022)
& Marin County Poet Laureate Emerita.

In *The Telling, The Listening*, physician poet Catharine Clark-Sayles bleeds out lyrical narrative after narrative about delivering difficult news to patients, searching for what to say and what to do in a world with no final answers, only stories carried away from countless encounters at the intersection of entropy and the limits of medicine. But those stories—delivered with musical and gripping diction will teach readers how to negotiate with their own pain and existential angst, both on the page and in the stories they tell others and themselves.

—Terry Lucas

The Telling, The Listening by Catharine Clark-Sayles tells of medical experiences she had as a military doctor and then as a California physician. The moving poems are not only about patients but also about her family, her loves, and even the disastrous fall, she took several years ago while hiking. Her poetic work is skillful and detailed. It is about some people who recover, yet many who will not. Throughout this collection, we see her deep empathy and her conviction that every life she treats is significant. In her poem "Words Beyond Words" she reveals: "True healing comes from stories: the telling, the listening. / "Tell me," I say and see your tears begin to glisten."

—Susan Terris
Familiar Sense

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The stark yet compassionate words spell out for us a very personal, inside view of the doctor-patient relationship: its harsh reality, weighted emotional conditions, and the personal impact of disease upon both doctor and patient. The guard is taken down, the wall broken, and there is a frank exchange of data and emotion that crosses over between doctor and patient, and now, to us, the reader of these well-crafted poems.

—David Watts
Bedside Manners and Having and Keeping

ABOUT THE AUTHOR:

Catharine Clark-Sayles grew up in a military family, went to medical school, and became an Army doctor, followed by a private internal medicine and geriatrics practice. In 2019 she completed an MFA in poetry and narrative medicine at the Dominican University of California. Tebot Bach Press published previous collections, *One Breath and Lifeboat* and a chapbook, *Brats*, published by Finishing Line Press. *The Telling, The Listening* is her fourth book drawn from forty-five years of medical practice.

Publication Date: October 6, 2023
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ISBN-13: 978-1-955194-18-1

For an advance copy, contact: Ron Starbuck or Catharine Clark-Sayles.

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