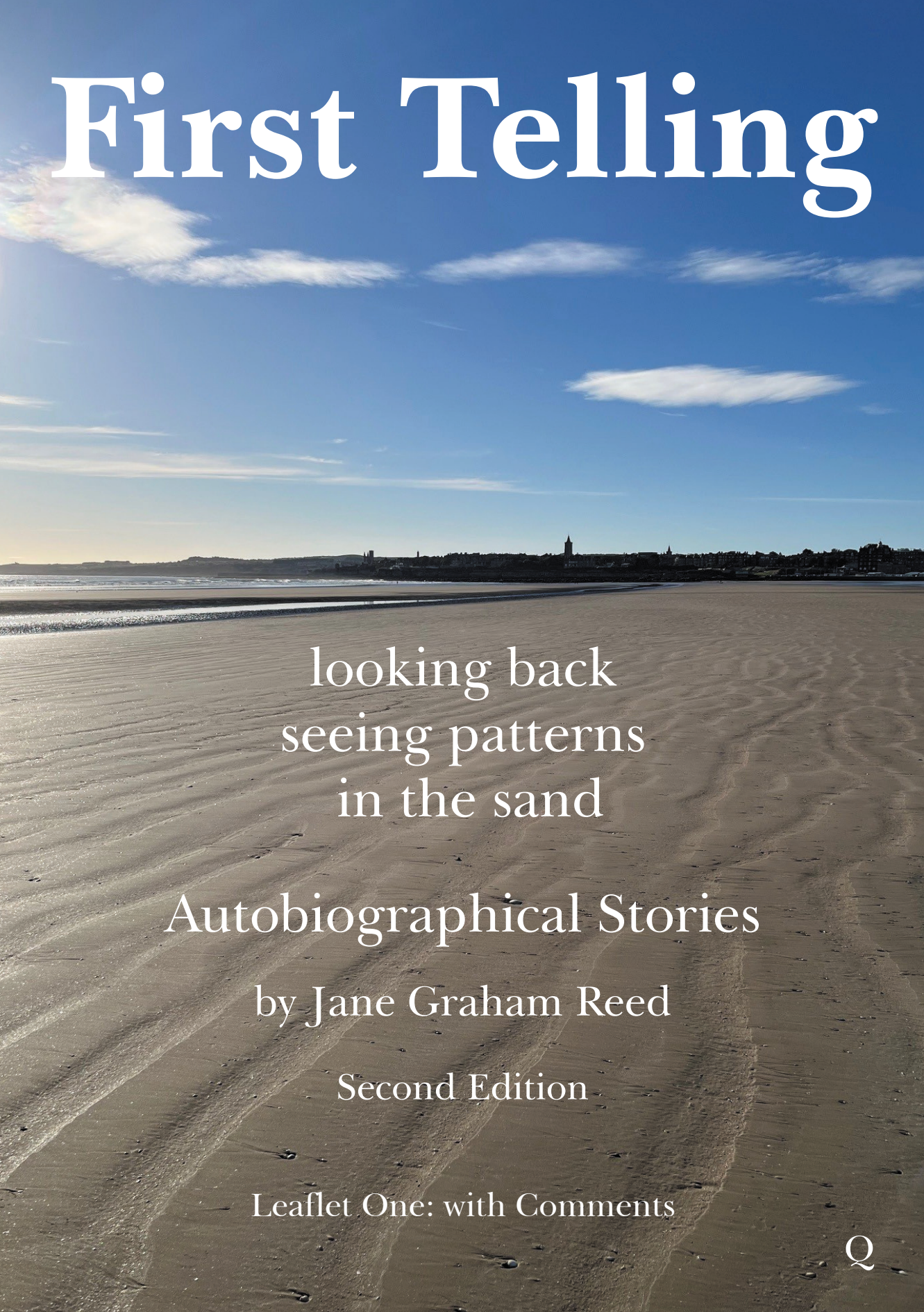


First Telling

The background of the cover is a photograph of a wide, sandy beach at low tide. The sand is light-colored and shows some ripples and tracks. In the distance, a coastal town with several buildings and a church spire is visible on the horizon. The sky is a clear, vibrant blue with a few wispy white clouds. The overall mood is peaceful and contemplative.

looking back
seeing patterns
in the sand

Autobiographical Stories

by Jane Graham Reed

Second Edition

Leaflet One: with Comments

Comments from Family, Friends and Colleagues

“Constructed in a really interesting and unusual literary form”

“I’m sure your honesty and practical approach will be inspirational to others”

“The language is clear and accessible”

“The haiku add colour and emotional depth”

“My favourite haiku was”

**drinking sherry
from coffee mugs
righting the world**

“You have lived a rich life worth living”

“You communicate your story effectively and sparingly in discrete but telling vignettes”

“Your positivity is a recurring and awe inspiring theme”

“The stories of your early life are rich and enchanting”

Further Comments

“You link mature views with the experiences that may have shaped them”

“I particularly like your honesty in sharing problems you have had”

“Your discussion on the role of neurotransmitters was particularly interesting”

“There is an important call to health professionals to review medication regimes more assiduously”

“It is so honest and acutely observed, so articulate a description of a burden that other people bear in silence, or are unable to express coherently, that it would be of value to other readers as it has been to me”

“I feel a sort of restlessness throughout the book as you move through life forever seeking understanding and meaning”

“It encapsulates in a very concise and pithy way your feelings at a particular time”

“I certainly found it worthwhile to read”

“I may write something similar to this book when I’m older”

patterns
in the sand
washed by
the tide
of time

First Telling is my autobiographical series of stories, but they aren't really about me, as such, but more about my experiences in life and what I have made of them. Hopefully others can learn from them, and perhaps in some way be helped with going forward positively, to greater wholeness, in their own lives

'First Telling' is a charmingly written account of a richly lived life, using an unusual literary form of haibun-like prose embedded with micro-poetry – tanshi in Japanese. In this account of her life to date, the author pulls no punches, being unafraid to cover all manner of subjects, from childhood and family to all the triumphs and challenges of life. Her subject matter ranges widely over her work and teaching, marriage and children, political activity, yoga and meditation, and mental illness, treating all with the same, unvarnished, attention in which her quiet Quaker faith shines clearly.

Kim Richardson

Author and Publisher

I like the minimalist style – very elegant, like a Japanese garden!

Dr. Miguel Farias

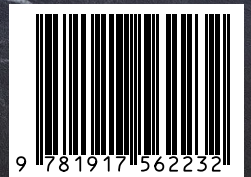
Research Psychologist, Joint Editor of The Oxford Book of Meditation



Jane Graham Reed

Author of
First Telling
Her autobiographical
series of stories
2026

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